



## Stress-reducing techniques

**When stress begins, hormones are released into your body. To slow the release of these hormones, you can perform one of these stress-lowering techniques:**

- **Physical activity.** Take a brief walk around your desk or complete a few wall push-ups or lunges. The act of movement lowers the stress hormone release.
- **Humor.** It turns out that laughter really is the best medicine. Try having a few funny YouTube videos or audio comedy threads ready to play. Humor stops the stress hormone release.
- **Music.** Listening to your favorite song or songs can lower the stress hormone release.
- **Kindness.** Acts of kindness – whether random or planned – such as leaving a note for a coworker, helping a neighbor and paying forward, are all examples. The beauty of kindness is that it tends to lower the stress hormone release for an extended time.
- **Mindfulness.** Slow, deep breathing such as taking 6 deep breaths in one minute or performing a meditation technique (such as prayer) can lower the hormone stress release.
- **Stretching/Massage.** Stretching your arms and legs or massaging your arms can help lower your stress hormone release. This technique may be one of the easiest to do.