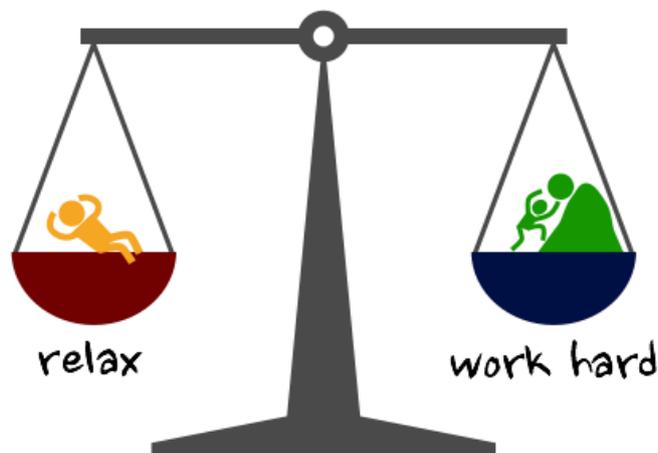


## Wind Down in 5 Minutes

Finding time to relax can be difficult. We all have incredibly busy lives, but it is important to take a moment to find some calm. Extended periods of stress can be detrimental to our health, and while stress is not inescapable, you can offset some of the potentially negative impacts of stress by finding just a few minutes here and there throughout the day to relax.



1. *Sip on green tea.* Herbal teas contain L-Theanine, which is a natural chemical that can relieve anger and stress. Take a few minutes to enjoy a cup.
2. *Meditate.* Taking a moment to focus on your breathing is something you can do anywhere. The longer you can spend concentrating on nothing but your breath, the better. However, just a few minutes will provide stress relief.
3. *Progressive relaxation* is a technique that involves tensing and then relaxing the muscles in one body part at a time to achieve relaxation.
4. *Count backwards.* This occupies your thinking mind to give you a break from the stress or worry that might be buzzing around inside.
5. *Give yourself a hand massage.* We carry quite a lot of tension in our hands – they are responsible for much of what we do, after all. Massaging the muscle under the thumb can also provide relief from headaches.
6. *Squeeze a stress ball.* A great, non-violent way to release tension, stress balls are discreet and easy to use.
7. *Take a walk around the block.* It doesn't have to be a long walk, just five minutes in the fresh air can calm you and relieve stress.
8. *Keep organised.* Ever heard the saying "messy bed, messy head"? The same goes for your work space. If you have clutter all about, this is a constant signal to your brain that there are unfinished tasks, keeping you at a constant state of stress.
9. *Exercise.* It really is cure-all! Try out some yoga, do some quick stretches, or even run on the spot.



10. *Watch something funny.* We have easy access to entertainment. Jump online and watch a short video that will make you laugh. Laughter is a sure-fire way of relieving tension.
11. *Listen to music.* There are plenty of relaxation playlists available. Alternatively, you can spend some time making your own. Pop in some earphones for a few minutes and focus on the sound.
12. *Tend to your garden.* Even just five minutes out in the yard, weeding or watering your garden can reduce tension and lower stress levels.
13. *Have a snack.* Dark chocolate can regulate cortisol levels. If that's not your thing, enjoy some honey, which has been shown to reduce inflammation of the brain.
14. *Write out your stress.* Getting the words out onto paper can really help to clear your mind.
15. *Talk to someone.* Be it a friend, co-worker, family member, or a counsellor, sometimes you need to share how you are feeling and get some feedback on what is going on for you.

If you are struggling to wind down and would like some help managing stress, please call us toll-free on [1300 369 072](tel:1300369072) or email us at [mail@working-life.net](mailto:mail@working-life.net)