Five Ways to Cope

Chew gum
Chewing is a great form of stress reduction. If you have gum on hand, particularly scented gum, chew it for at least three minutes. But don’t chew half-heartedly! It may be useful to take out your pent-up energy on the gum.

Stretch
- Clasp your hands together and push upward with your palms facing the sky.
- Stretch and hold the pose for 10 seconds.
- Try twisting your torso left and right for 30 seconds, then repeat.

Write it out
Writing can help you focus your thoughts on the positive or ways to tackle the negative.

Walk it out
Exercise – including walking – is a great way to manage stress.
- First, it lets you escape the situation.
- Second, exercise helps your body release endorphins, the neurotransmitters that make you feel warm and fuzzy.

Think of walking as moving meditation. A few laps around the block can help you forget previous tension and relax so you return to the situation calmer and more collected.

Take a hot bath
The answer to washing away a day of stress may be in your bathroom. Hot water is known to help release endorphins and increase blood flow to the skin.
Warm baths can also:
- improve breathing
- reduce risk of heart attack
- lower blood pressure
- burn calories