

Healthy Tips

Mental health is important, and stress in your brain can effect the health of your body! Here are some tips to help you chill out.

1

Count Your Blessings

People who are grateful for what they have experience higher levels of positive emotions such as joy, enthusiasm, love, happiness, and optimism. Gratitude can also create better relationships with others.

2

Get up and Go

Nothing says “stress” like becoming one with your desk chair. Even if it is just for a short time, a little physical activity can go a long way in reducing stress and improving your mood!

3

Pay Attention to Posture

Yes, you read that right! The way you sit, stand, and carry yourself through the day can actually affect how you feel! Sitting and standing up straight reinforces feelings of confidence; give it a try!

4

Find Something Funny

Laughter calms your stress response and helps with muscle relaxation. It also increases your intake of oxygen and helps release endorphins.

5

Get a Plant

Having a potted plant or two in your office can reduce fatigue and stress, along with headaches and other physical ailments. Plus, it looks nice!

Ahhh... De-Stress!