

# Stress Fighters

## Top 6 Proven Ways to Fight Stress!

1. **Exercise** – Aerobic exercise has been proven to be the # 1 stress fighter available. Get active!
2. **Diet** – Wholesome, healthy foods stabilize moods and have been proven to reduce stress levels. Avoid caffeine, sugar, alcohol, nicotine and drugs during highly stressful times.
3. **Communication** – Our immune systems get a boost when our feelings are released. Talk to a close friend, co-worker or relative about a problem and you'll feel better.
4. **Surround Yourself with Fun/Laughter** – Positive feelings and laughter work wonders!
5. **Relaxation Techniques** – Deep breathing, visualization, creative imagery, yoga and meditation are all proven stress fighting techniques. Slow down and try it!
6. **Live in the Present** – Practice “mindfulness”...becoming aware of your surroundings, who you're talking to, what you're doing right now. Find JOY in the present moment!