

Lost Rivers Medical Center Medical Minute

Ways to Manage Stress

April is National Stress month; try a few of these tips to help you live your life stress free.

- Enjoy a hobby
- Believe in yourself
- Get plenty of sleep
- Read a book
- Visualize a relaxing scene
- Laugh at yourself
- Dance
- Learn to say "NO"
- Be silly
- Watch a funny movie
- Take it one day at a time
- Play with a pet
- Eat a good breakfast
- Cry if necessary
- Smile
- See problems as opportunities
- Savor meals
- Forgive and forget
- Soak in the tub
- Set limits
- Buy yourself flowers
- Don't procrastinate
- Celebrate life
- Simplify your life
- Volunteer
- Take a vacation
- Love others
- Exercise
- Watch clouds go by
- Count your blessings
- Sing
- Listen to soothing music

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Your Family
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