

## Eight Fun Ways to Manage Stress

Everyone feels stress from time to time. However, you can combat your stress, and even have fun while doing it! Try these eight enjoyable stress relievers to start reducing your stress today!

**Play a Game:** Playing a fun game, like Solitaire, Backgammon or Sudoku, on your computer, or even your phone, can help re-direct your attention from daily stresses. It doesn't require you to go anywhere, and you can play for just a few minutes, and then return to your work or tasks with a refreshed frame of mind.

**Read a book:** The right book can provide a great diversion or temporary escape from stress, teach you something new you can use to relieve stress, or just give you a good laugh.

**Laughter:** It really is the best medicine - one of the best sources of stress relief is the simple act of laughing. A good laugh not only feels good; it actually releases beneficial endorphins and other healthy hormones that enhance our immune systems. Laughter can also increase our social connections with those whom we share a good laugh – remember laughter is contagious and it deserves to be shared.

**Gardening:** Gardening is another fun stress reliever. Taking time out to reconnect with nature or simply beautify your space can provide you with healthy benefits. Get into the sunshine for a brief duration to positively impact your mood, and gain some much-needed Vitamin D in the process.

**Arts & Crafts:** Exploring your artistic side is also an easy way to minimize stress. Arts and crafts can help you redirect your thoughts, help you to express and process your emotions, and leave you with something beautiful to enjoy when you are finished. These can include drawing, ceramics, model building and more.

**Music:** Music is a great stress reliever. It can provide inspiration or be a source of re-energizing. Try it during your daily commute, while exercising, or any other time during your daily activities. With so many available styles of music, there is always a song that will help you calm down or lift you up – whatever you need.



**Movement:** Involving yourself in physical activity can be a fun way to get exercise and reduce stress; whether it's taking a walk, stretching, playing tennis, or mountain biking. Physical activities also provide us social outlets, a way to release frustrations, and leave us happier and healthier in the end.

**Stay-cations:** Sometimes planning and taking a traditional vacation can elevate stress. But taking time off of work doesn't have to be stressful or financially comprising - take a "Stay-cation" instead. Take time off, but stay at home and relax. Plan fun day trips with family and friends to increase your social bonds, blow off steam and experience new and exciting things.

**Remember, reducing stress can be fun!**

### Learn More...

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