



# FIVE TO THRIVE

WHAT CAN YOU DO TO PREVENT CHRONIC DISEASE AND THRIVE?

Visit the **Five to Thrive** [website](#) for more on healthy lifestyle habits!



## DE-STRESS

### 5 WAYS TO REDUCE STRESS

PRACTICES THAT HELP US TO **PAY ATTENTION TO THE PRESENT MOMENT (MINDFULNESS)** REDUCE STRESS. WE NEED TO **BALANCE STRESS** WITH RECOVERY AND REST TO KEEP OUR BODY AND MIND **HEALTHY** AND HELP US MAKE BETTER DECISIONS

#### 1. PRACTISE SQUARE BREATHING IN THE MORNING AND BEFORE BED

Breathe in for 4 counts, hold for 4 counts, breathe out for 4 counts, and hold for 4 counts. Repeat the cycle for a total of 10



#### 2. STATUS CHECK : 3 TIMES A DAY, STOP AND CHECK IN WITH YOUR BODY, EMOTIONS AND THOUGHTS.

Take a breath and ask yourself: How does my body feel? What emotions am I feeling? What am I thinking? The more aware we are, the better decisions we make.

#### 3. PRACTICE GIVING YOUR FULL ATTENTION TO WHAT'S IMPORTANT.

For example, put away distractions like cellphones and turn off the TV when you are eating, having a conversation or working.



#### 4. USE THE STOP TECHNIQUE WHEN YOU FEEL OVERWHELMED

When you feel stressed: **S**top, **T**ake a deep breath, **O**bserve the facts, and **P**roceed with intention.

#### 5. TRY A MINDFUL MOVEMENT CLASS LIKE TAI CHI, YOGA OR QIGONG OR A SITTING MEDITATION PRACTICE

Mindful movement is a great way to de-stress, get your body moving and connect with others! Meditation helps build calmness, focus and awareness.



DE-STRESSING CAN HELP US TO SLEEP BETTER, RECOVER BETTER FROM ILLNESS, IMPROVE OUR BLOOD PRESSURE AND MORE!