

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!



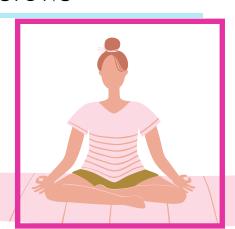
DE-STRESS

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: Stop, Take a deep breath, Observe the facts, and Proceed 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!