

## STRESS MANAGEMENT AWARENESS

As we move along into spring, it is a good time to check in with ways to manage stress.

Warmer weather, sunshine and spring landscapes offer simple bonuses towards stress management. Effective techniques to try in the spring include: taking walks outdoors, enjoying peaceful sunsets or sunrises, gardening, biking and any outdoor activity that has the added benefit of fresh air and sunshine.

Along with the benefits of being outdoors and the renewed spirit of spring, there are many other means to managing stress. Here are 5 methods on how to reduce stress from the Mayo Clinic:

**1. Guided Meditation.**

In as little as 5 - 10 minutes, this technique can help calm the mind. To try guided meditation, click here: [A Guided Meditation for Stress Management](#)

**2. Deep Breathing.**

Deep breathing is simple activity that activates the parasympathetic nervous system, which helps reduce feelings of stress. It also manages stress by helping to reduce the effects of the fight or flight response.

**3. Physical Exercise and Good Nutrition.**

Maintaining physical health through exercise and good nutrition helps to maintain mind health as well as physical health. Physical activity has been proven to reduce stress. And, good nutrition helps to replenish the vitamins that are depleted during stressful times. Physical activity and good nutrition both enhance overall well-being.

**4. Keeping Tabs on Social Media Time.**

The content on social media may increase stress levels. In addition, the time spent on social media may be taking away from activities that are better for overall well-being and stress reduction; such as socializing in-person, being outdoors, reading a book or engaging in a hobby.

**5. Taking Time to Connect with Others.**

Connecting with others offers a sense of community and support. Connections can be made within our communities, work place, organizations and religious groups; as well as through many organized activities, such as: sports teams, recreational activities, hobbies or clubs.

For additional information on these tips, please click here: [5 Tips to Manage Stress](#)