Calm Thoughts

Our thought patterns often cause or contribute to the stress that we are feeling. The next time you encounter a stressful situation, take a moment to tune into the thoughts and feelings that you are experiencing. Actively replace the negative thoughts with positive thoughts

Meditation

Meditation "quiets the mind" by blocking out all forms of sensory input and distraction. When practicing meditation, do not fight stressful thoughts. Resisting these thoughts is like telling yourself not to think of the color red. Instead, think of these thoughts as floating in and out of consciousness

Mental health refers to our cognitive, behavioral, and emotional well-being. Here are ways to manage your stress and improve your overall mental health:

Yoga

Stretching exercises can relieve tension, make your body more limber and flexible and produce an overall calming effect

Massage

Massages can help alleviate tense muscles, lower blood pressure, promote deep breathing and improve posture

Deep Breathing

Deep breathing can be used to quickly relieve stress and tension by promoting an efficient exchange of oxygen and carbon dioxide in the lungs

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