

Coping With and Managing Stress

10 EASY WAYS TO RECHARGE NOW!

01

Breathe, Really Breathe ...

- Deep breathing brings fresh oxygen to your blood, helps to calm down your nervous system and clears your mind.
- For an easy three to five minute relaxation exercise, sit up in your chair with your feet flat on the floor and hands on top of your knees.
- Breathe in through your nose and out of your mouth.
- Focus on expanding your belly when breathing in and squeezing your belly to your spine as you exhale all that air out.
- Repeat three to five times.

03

Don't Pause — Take a Break!

- Take breaks to truly stop and relax, instead of only “pausing.”
- Try taking a short walk or sit quietly, taking deep breaths.

05

Take a Five Minute Shower

- Enjoy the hot water on your skin.
- Hope Village has showers available.
- Take a long bath, if possible.
- Practice good hygiene; keeping clean is important.

02

Take a Walk! Change Your Environment

Studies show that walking has stress-busting benefits, including:

- Boost endorphins (feel good chemicals).
- Put your brain in a meditative state.
- Reduce stress.
- Boost energy and reduce fatigue.
- Walking in nature or a park is even better!

04

Do a Self-Massage

- Close your eyes and relax your face, neck, upper chest and back muscles.
- Massage or apply pressure to your temples and jaw.
- Use a tennis ball to massage away tension.
- Place the ball between your back and the wall.
- Lean into the ball and hold gentle pressure for up to 15 seconds. Then move the ball to another spot and apply pressure.

06

Hold Your Pet

- Animals offer unconditional love and acceptance.
- Hold and pet a cat for a few minutes or enjoy time with your dog.
- Pet therapy: Ask your health care team about pet therapy for patients.

07

Spend Time With Family and Friends

- Humans are social animals and we need support.
- Reaching out can feel hard or even awkward, but take a chance: call, text or email.
- Chances are people want to be there for you.
- Reach out to Imerman Angels at imermanangels.org for one-on-one support.

09

Escape

- Books, magazines, audio books and movies offer escape for the mind.
- Find a private space and scream to release tension.

08

Laughter and Humor

- Get your funny bone working.
- Give yourself permission to laugh and smile.
- Watch a funny movie or a comedy show.

10

Just Sing! Listen to Music

- Turn up your favorite song and sing along!
- As you listen to music, try journaling or stretching, or just dance to burn off stress and become recharged.
- Dance like nobody is watching!

RESOURCES AVAILABLE AT CITY OF HOPE

You may also find helpful information, education and support in the Sheri & Les Biller Patient and Family Resource Center. Programs, such as support groups, education classes, music therapy, art therapy and more, may help you to deal with stress.

SOME SUPPORTIVE PROGRAMS THAT MAY HELP REDUCE STRESS

- Meditation
- Yoga
- Qigong
- Support groups
- Mind-body medicine
- Arts program
- Much more

Visit cityofhope.org/billerpatientandfamilycenter to learn more.

