

## Health Promotion Series-Stress Management

Vol. 7



### Relaxation

This week our coping technique for managing stress is **Relaxation**. Relaxing can be time spent with friends or family, or independently doing things you enjoy. Various methods people use to relax can be playing with their pet, listening to music, unwinding with a hot bath, or just playing board games with friends. Spending time with yourself or with supportive friends/family takes your mind off work, financial stress, etc., if just for a little while. It's important to remember what works to relax one person, may not work for another- for example, pedicures. Some people love spending time at a salon getting a pedicure and others find it more stressful than relaxing because of ticklish feet, etc. It may take some time to figure out what works best for you.

