Search “stress relief and relaxation” at **healthpartners.com/  
healthlibrary**

for more relaxation techniques and ideas.

**EVERYDAY STRONG**

**Stress relief**

**A little R & R goes a long way**

Stress can sometimes be a good thing, but deal with too much of it and it affects your health. Luckily, the simplest way to get relief is to get some rest and relaxation. And there are so many different ways to relax!

Use your own tried and true techniques or give some new ones a go:

* Practice slow, deep breathing
* Get a massage
* Try yoga
* Soak in the tub
* Meditate
* Put on some soothing music

Try adding these other stress relievers to your daily routine, too:

* Get more sleep
* Work out your anxieties and frustrations with some exercise
* Share a laugh with a friend