

ABC's of Health & Wellness

Relaxation & Stress

Different techniques to reduce stress

and ensure relaxation:

- Meditation: This includes walking, swimming, painting, knitting -- any activity that helps keep your attention calmly in the present moment.
- Drink hot tea: Chamomile tea is a traditional favorite for calming the mind and reducing stress. And black tea may be a stress-fighter, too.
- Show some love: Induce the relaxation response by cuddling your pet, giving an unexpected hug to a friend or family member, snuggling with your spouse, or talking with a friend about the good things in your lives.



A new ABC's of Health & Wellness
will be coming your way next week!

Want to start meditation now?!

Check out this YouTube Video:

<http://www.youtube.com/watch?v=Zh-kfBIIHc>

Or search on YouTube:

Guided Meditation—Deep Relaxation

Traveling

Helpful tips to eating healthy while traveling:

- 1) Pack your own meal on the airplane flight or mode of transportation of your choice. This provides you with an alternative to eating the expensive and typically unhealthy prepared meals offered through the airline.
- 2) Stock your hotel room with bottled water, fresh fruit and healthy snacks like granola bars or fiber cookies.
- 3) Don't forget to eat breakfast. Breakfast helps prime your system and prepares you for a full day of activities.
- 4) Avoid fast-food outlets!