

STRESS

Our body's response to challenges in our lives that require us to adapt to change.

What are the stressors in your life?

- ◆ finances
- ◆ health conditions
- ◆ relationships
- ◆ work issues

How do you respond?

- ◆ successfully adapt
- ◆ struggle against it
- ◆ avoid it
- ◆ become unable to respond

Relaxation

Yoga techniques to release the effects of stress and create a feeling of peace and well-being:

- ◆ Gentle Movement
- ◆ Calming Breath Techniques
- ◆ Progressive muscle relaxation
- ◆ Restorative Yoga
- ◆ Guided imagery
- ◆ Meditation



Try Yoga to Help Release Stress and Increase Relaxation!

Gentle Movement

Shoulder Release—Lift your shoulders to your ears, then gently let them down. Repeat 2-3 times. Roll your shoulders back and down a few times; alternate rolling the shoulders left then right. Gently turn your head as you roll your shoulders.

Torso Twist—Stand and gently twist your torso to one side, then the other. Allow your arms to swing freely.

Breathe

Straw Breath—Inhale fully through your nose, then purse your lips and slowly blow the air out of your mouth as if it were a straw. Focus on the slow exhale to induce the relaxation response.

Sun Breath—Stand or sit tall. Inhale and sweep your arms out to the side and up overhead; exhale and sweep your arms back to your side. Repeat 2–3 times, increasing energy as you inhale and releasing stress as you exhale.

Rest

Take time each day to rest to allow your nervous system to reset and renew your energy.