



Unwind your body and mind for better health

Taking time each day to do simple activities that calm your body and mind is a powerful way to short circuit stress, restore a sense of well-being and protect your health. **Try these techniques to unwind.**

Perform a few minutes of deep “belly” breathing.

Slow, deep breathing that extends into your lower abdomen can stimulate relaxation by reducing your heart rate and blood pressure, as well as help you feel calmer and more relaxed.

Get your body moving. Even a simple activity like walking after dinner each night can lower the stress hormones while stoking up the feel-good endorphin hormones.

Meditate for 10 minutes. Meditation is simply sitting quietly to calm your mind and focus your attention on your breath, visualization or even a soothing phrase. Even a short meditation session can help relieve negative emotions, quiet racing thoughts, clear your head, relax your entire body and improve your mood.

Practice yoga or tai chi. Both are forms of “meditation in motion” because they involve focusing on breathing while performing slow, gentle poses. At the same time, they help build strength, improve balance and count as important sources of exercise!

Read a book. If all you read during the week are emails, free up some of your day to read for pleasure. Getting lost in a good book is a great way to unwind!

Go outside. Fresh air, sunlight and warm weather can be especially beneficial to those cooped up inside during the work week.

Cuddle with your spouse, kids or furry friend. Whether it's people or pets, physical interactions with those you love produce brain-pleasing neurotransmitters that promote relaxation and a sense of calm.



Relaxing is a personal activity—everyone has different ideas for what is helpful. If none of the ideas above interest you, think about what activities you do find relaxing and put them into practice!

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