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Tips for Stressing Less and Living Healthier This Year

1. BREATHE DEEPLY

Develop an awareness of your breath.

2. START YOUR DAY WITH AN INTENTION

State what you want to achieve or accomplish when you wake up each morning. You may do this silently or say it out loud!

3. VISUALIZE A POSITIVE OUTCOME

Like an athlete visualizes his golf shot or free throw before taking the ball, picture a positive outcome of what you want to achieve when faced with a challenge.

4. EMBRACE AN ATTITUDE OF GRATITUDE

Research shows that expressing our gratitude each day has a positive effect on our health and well-being.

5. LAVENDER UP

Research has shown that scents can dramatically affect our mood. Lavender is known to be one of the most calming and soothing scents.

6. GET MOVIN'!

Walk, dance, swim, run, bike, do yoga— just get moving!

7. LAUGH A LITTLE—OR A LOT!

8. COLLECT A GOOD TRIBE

Surround yourself with people who make you feel good.

THE NEW YEAR IS RAPIDLY APPROACHING—A TIME TO MAKE GOALS AND FIND A FRESH PERSPECTIVE TO ACHIEVE GREAT THINGS. Susan Ginsberg, founder of Stop and Breathe and stress management expert, says she provides soothing and informative corporate "Relax Hour" stress-reduction workshops teaching breathing, relaxation and visualization techniques. She also works privately in her home office with individuals wanting to adopt a healthier lifestyle.

"These tools can better equip those seeking changes this year and have a clear picture of what they want to do to be focused on making 2019 a year of fulfillment and success," she says.

Susan's CD, *Deep Relaxation Series: Guided Breathing, Relaxations, and Visualizations*, is available for purchase or on loan. To learn more, visit StopAndBreathe.org.