

"BE NATURAL" Stress Management

(Ron Jones, MS, ACSM Health/Fitness Instructor, Corporate Wellcoach)



Managing mental stress is an important component of holistic Wellness. Optimal Wellness is eating a lower-fat diet with balance, variety, and moderation, regular exercise, no substance abuse, and taking care of your "mental health" by managing stress. Use the "BE NATURAL" plan as a simple reminder of small things you can do throughout your day to manage stress and increase Wellness!



"The handle on your recliner does not qualify as an exercise machine."

B	BREATHING: Deep diaphragmatic breathing relaxes stress in neck, shoulders, chest, & lowers heart rate.
E	EXERCISE: Release stress & rejuvenate with daily exercise! 30 minutes of cardio, strength, or flexibility 5-6 days per week is recommended.
N	NUTRITION: Use "balance, variety, & moderation" to guide your healthy eating & prevent food or weight-related stress.
A	ATTITUDE: Stay positive. Channel negatives into positives—you CAN do it!
T	TIME MANAGEMENT & SETTING PRIORITIES: Make sure to leave time for personal renewal so you don't burn out. Sometimes you have to say "NO" so you can be <i>more productive</i> later for work, family, & friends.
U	UNIQUENESS: Celebrate <u>YOU</u> ! Speak up. Act on your own convictions. Do the right thing!
R	RELAXATION: Relax...rejuvenate through breathing, exercise, hobbies, prayer, yoga, or whatever works for you with your own personal belief system.
A	ASSOCIATIONS/SUPPORT SYSTEM: Be positive. Find positive people that "give you" energy instead of drain your energy.
L	LAUGHTER: Possibly the best "medicine" for self-healing! Laughter releases "natural" endorphins that are stronger than morphine! 😊

* Ron Jones (9.3.07)