

Lead a less stressed life.



Is daily life so busy that you find yourself stressed and anxious, with no time for yourself? Stress can impact your health negatively — from chronic headaches and diabetes to depression and heart disease — which is why it's so important to find simple ways to incorporate mindfulness into your day.

Live in the moment.

Here are **three easy tips** to become more mindful and live in the present moment, allowing yourself to relax your mind and body.



Just breathe

Whether it's right when you wake up, as you sip your morning cup of coffee, or even while you sit in traffic, focus a couple of minutes on your breathing. Take a few slow, deep breaths, notice the intentional rise and fall of your chest and stomach, and relax.



Clear your mind your way

Discover your personalized method of relaxation to manage stress, and spend at least 10 minutes a day doing it. Whether it's meditation, yoga, prayer, massage, gardening, crafting or coloring, it will allow you to calm your mind and refocus your mental energy.



Calm your thoughts

Negative thoughts can cause negative feelings that lead your mind to wander to the past or the future, instead of living in the present. When you start to feel these negative emotions, question your thoughts that are causing them. You can choose to not believe or react to these thoughts.

Need a doctor?
Call **(877) 449-DOCS** or visit
StJosephHealthMedicalGroup.com

St. Joseph Health 