

# STRESS



Try any two of these ideas each day for 2 to 3 weeks and you will be able to notice how much less stressed you have become.

Remember research has found that it takes approximately 21 days to cement a new habit.

*“Human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives.”*

-William James

## MEDITATE

Think of any moment that made you feel comforted and content. Close your eyes and relive that moment.



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## THINK “B-R-A-I-N.”

**B = Breathe.** Breathe deeply 5 times. Release the air slowly.

**R = Relax.** Tell yourself to relax, whether in your head or out loud. Your body will do what you ask it to do.

**A = Ask** yourself what you need or want to feel. We usually ask why the other person is such a jerk or why we goofed up. Instead, ask yourself what you need to feel: calm, in control, at peace, and other comforting feelings.

**I = Imagine** feeling that way.

**N = Now,** after doing those four things, ask yourself, “How do I feel now?”

## SELF-TALK

To learn more, visit [msue.msu.edu/managingfarmstress](http://msue.msu.edu/managingfarmstress).

Tell yourself you can get through it. You have come through rough times before. You can do it again. You have gotten through difficult situations. People can drive you crazy, but tell yourself that both of you may be in a better mood later.

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## EXERCISE



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A brisk 10-minute walk releases 50-70% of the cortisol in your brain that comes with stress or anger. The best time to walk is first thing in the morning, but a walk any time is good. Take just 10 minutes away from everyone and everything to walk all by yourself and you will be in a better mood for the entire day.