

6. Stress Tips Each Month

Three Simple Stress Tips for April:



LAUGHTER AND PLAY: Laugh as often as possible to release the healing hormones, endorphins, the body's natural pain killers. Don't buy pills for your stress—go rent a funny movie, or go online to a humorous site daily and share it with your coworkers. Laughter lowers blood pressure, reduces stress hormones and boosts your immune function. People who are optimistic produce 50% more antibodies than those in the average population. Play re-establishes “childlike” qualities. Science tells us that when we play, it increases our immune cells that combat disease. Playfulness also increases creativity and optimism at home and at work.

EAT BREAKFAST: Breakfast eaters are healthier and live longer than non-breakfast eaters. Breakfast increases your metabolism by 25%; without breakfast you have weight gain and impaired memory and learning. When you don't eat breakfast, your body is stressed from the onset of the day.



GRATITUDE: It is physiologically impossible to be grateful and experience stress at the same time. Research shows that grateful individuals report having more energy and fewer physical complaints than their non-grateful counterparts. Studies tell us that daily gratitude exercises result in higher levels of alertness, enthusiasm, determination, optimism, and energy, and individuals report experiencing less stress.



Contact Us

**We are delighted to provide you
any additional information you require.**

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