

Wellness Tidbits



COUNTDOWN TO FIGHT HOLIDAY STRESS

10. Take a whiff of citrus. Studies show certain citric aromas boost the feeling of well-being and alleviate stress.
9. Squeeze your Hoku spot. The Hoku spot is used in traditional Chinese medicine and is the place between your index finger and thumb. Applying pressure for just 30 seconds can reduce stress and tension in your upper body.
8. Go tech free. Constantly being attached to your cell phone increases stress, especially in women. Turn your gadgets off and enjoy the company around you.
7. Increase sun exposure; it stimulates feel-good serotonin.
6. Turn some music on, take a deep breath and enjoy some of your favorite tunes.
5. Breath. Take a few minutes, anywhere, and take deep, long breaths.
4. Do less, enjoy more. Don't try to please everyone.
3. Stick to your daily routine. Consistency is good for your mental fortitude.
2. Exercise. Keep it simple with these examples: jumping jacks for cardio, push-ups for upper body, squats for lower body and crunches for abs.
1. FORGET PERFECTION! Obsessing over mistakes is one of the biggest self-inflicted stressors.

Join the Monthly TSHBP Fitbit® Challenge!

How to Play

- 1) Read the article above
- 2) Click the button on the right to answer
- 3) A winner will be chosen randomly from correct responses

Question

What is your favorite go-to stress reliever?

**ANSWER FITBIT®
CHALLENGE HERE!**

