

Stress Busters



The Caraday Way

From minor crises to major crises, stress is a natural part of our life and will manifest itself in one way or another. It is important to get ahead of these feelings and find ways to reduce stress that work for you. At Caraday, we encourage team members and residents to find healthy ways to manage stress - it's the Caraday Way!

"Stay positive and be willing to roll with the punches."

Gayle McGuire
Caraday Healthcare

Explore what makes you feel at ease and prioritize time for yourself to get on a path to a healthy lifestyle.

Exercise: Of all the stress busters, exercise is the most common because it is effective. Any physical exercise can quickly improve your mood and rid yourself of stress.

Listen to music: Listening to your favorite band or songs helps relieve stress and anxiety. Create a playlist of your favorite songs that make you feel happy and peaceful.

Take a hot shower: Stand under the hot water and take deep breaths for soothing relief. If you have a tub to take a hot bath, you can even add bath salts or scented bubbles.

Eat some ice cream: Need an excuse to eat some ice cream? Eating ice cream makes you feel good, indulge in a tasty treat, and let your worries melt away.

Laugh: People always say laughter is the best medicine. And it is. Watch a funny show or read some comics to give yourself a laugh.

Pray or meditate: The mindful state of prayer or meditation can greatly reduce stress and build inner calm.

Watch TV: Another excellent option for coping with stress is to take your mind off things by watching your favorite TV shows or movies.

Play with toys: Did you know stress relief toys help you relax and release energy? Try a stress ball or other stress toy to help take your mind off stressful situations.

Smile: Studies show that gratitude reduces the stress hormone cortisol by 23%! So if you are feeling stressed, get out, share a smile, and be kind to others.

Take a nap: Naps are a healthy way to reduce stress. A nap can help you feel refreshed and give you a new perspective on challenging situations.

Smell: Certain smells instantly calm us down, and lavender is an excellent example of this stress buster. Test out some fragrances and see what scent calms you down.

Play with your pets: Playing with a pet can usually put a smile on your face. If you don't have a pet, go to a pet store, a shelter, or watch a pet video.



For more information call 512-641-8805, email us at contact@caradayhealth.com or visit caradayhealth.com