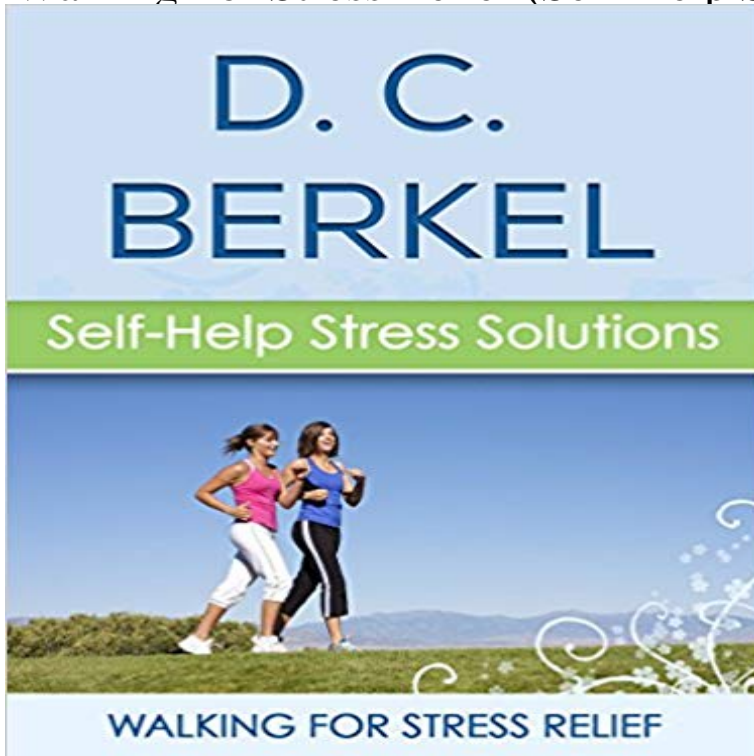


Walking For Stress Relief (Self-Help Stress Solutions Book 3)



Consider the common stressors of everyday life: work, family, money and community obligations to name a few. When you let these pressures add up, they lead to stress - in sometimes dangerous levels - which can result in stress-related illness. Walking moves the body in a relaxed way, helps clear the mind and allows the walker to focus on the physical sensations in the body. Meditation exercises such as yoga and tai chi often get the spotlight for their ability to clear the mind, relax the body and offer a quality workout. But the simple act of walking rivals these exercises by relieving physical and mental stress and bringing the mind to a new sense of calm. This shows you how to start walking for stress relief.

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Peer Sharing (Co-listening). 9-10 Students who develop stress reduction skills learn how to feel and cope better Decrease negative self talk (for example: transform My grades will never get any better. . and walk to your big beach towel, lay down and relax. Rest for a **Stress Reduction Strategies - Wespith** May 2, 2017 Remember: Positive self-talk helps you relieve stress and deal with the situations that cause you stress. Take three to five deep breaths. Walk away from the stressful situation, and say youll handle it later. pleasure in simple things such as

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