



New Year's Resolutions for Stress Relief

Around the first of the year, most of us begin turning our attention to ways we can improve our lives. While resolutions often center on developing new habits that will get us into better physical shape, reducing stress and getting into better mental and emotional shape can provide huge rewards. Eating right and getting exercise generally top most people's lists of goals for the new year. But this year, it might be wise to incorporate new habits that will reduce stress and increase happiness and overall life satisfaction.

Here are some important steps you can take to be a happier, healthier and more relaxed you in the coming year:

Get Enough Sleep

Being sleep deprived can be both a cause and an effect of being stressed. While stress can keep people up at night, operating on too few hours of sleep can make people less productive, more emotional, and more reactive to stressful events in their lives. This year, you can gain significant benefits by striving for better quality and greater quantity of sleep at night.

Invest in your social circle

We are, by nature, social creatures, and the company we keep can have a huge impact on quality of life. Good friends and close family can celebrate with us during our best times and support us through our worst. A social network of healthy relationships can be a buffer against stress and provide many other benefits. However, conflicted relationships can cause additional stress and frustration, and even affect our health. This year, you can strongly improve your quality of life by seeking out healthy new friendships, improving the relationships you already have (with healthy communication and conflict resolution strategies), and letting go of relationships that drain you.

Get more music in your life

Now that music therapy has become a growing new field used by hospitals and therapists, the benefits of music are becoming more and more known. Playing music is a simple and easy way to elevate your mood and change your energy. This makes it a prime way to relieve stress. You can play music in your car during your commute to feel less stressed as you drive, or put music on as you exercise to infuse some additional energy into your workout. You can even have music on in the background as you go about your day, bringing a more soothing feel to all of your activities. Adding more music to your life is an effective and attainable goal for the coming year.

Have a long term stress relief practice

While quick stress relievers are important to have on-hand, it's also essential to have at least one regular stress relieving practice in your life. Having one regular activity that you do to relieve stress in your life can help you to keep your overall stress levels lower so that you're less likely to feel overwhelmed.

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Source: About.com Guide

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