

You've got focus

Take a breath



July 2017 Newsletter

**Vacations:
Breathers or
stressors?**

**Monthly Awareness:
The benefits of
a massage**

**Infographic:
Breathe deep.
Stress less.**

**Let's Talk video:
A mindfulness
exercise**



Vacations are supposed to be a break from everyday routines and tensions. But they can also create stress.

Any kind of massage gives you a "time out." And it can help in other ways, too.

Deep breathing tells your brain you're calm. It helps you relax and think more clearly.

Are you interested to learn more about mindfulness? Try this mindfulness exercise.
Watch the video here...

Getting help

Confidential support, information and resource referrals are available for a variety of concerns — both work and personal. Call for assistance for you, your household members or your adult children under age 26, whether they live at home or not. Call or visit us online today!

Resources *for* Living®

Vacations: Breathers or stressors?



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Vacations are supposed to be a break from everyday routines and tensions. But they can also create stress if you have thoughts like these:

1. "This is my only vacation this year so it has to be perfect."
2. "If anything goes wrong, I'll be miserable."
3. "I'm going to plan every minute so I don't miss a thing."

Just say "no" to pressure cooker vacations

The attitudes expressed above can lead to stress and upset during precious vacation time. Try these tips to help make your time-off better:

- **Take more than one each year.** Studies show that people who take a few short breaks — rather than one big vacation — enjoy more relaxation.¹

- **Have realistic expectations.** It's your vacation but that doesn't mean it won't rain or you won't catch cold or have a headache. Don't expect perfection. Be adaptable.
 - **See opportunities.** You planned to go river rafting but the water level is too low. How about Plan B? Consult the local visitors' bureau or go online to find another activity. Or take the day to "chill." Remember: You don't need to fill every minute.
 - **Go with the flow.** Take time to appreciate your surroundings and unwind. It is, after all, your vacation. You can do whatever you choose. That alone makes it special.
- Everyone needs a breather from time to time. Make yours count by taking the pressure off, relaxing and coming back rejuvenated!

¹Nauert, Rick. More frequent, not long, vacations best for stress relief. Accessed May 2017.

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Massage: More than a “feel good” experience



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Many people like getting a massage. It may be a head, neck and back massage in a chair. Or it can be a full-body treatment on a massage table.

Any kind of massage gives you a “time out.” And it can help in other ways, too.

Can you guess the physical benefits?

Which 7 items below are physical benefits of massage?
(Answers are at end of article)

1. Reducing low back pain
2. Fighting tooth decay
3. Boosting your immune system
4. Stretching your muscles
5. Losing twenty pounds
6. Increasing flexibility
7. Expanding range of motion
8. Giving you better breath
9. Preventing stress headaches
10. Reducing problems after surgery

Massage and mental wellbeing

Massage can't make all your stresses go away. But body therapies can help you manage and cope.

Which 7 items below are ways that massage can help you feel better mentally and emotionally?¹ (Answers are at end of article)

1. Helping relieve depression
2. Calming anxieties
3. Helping remind you to call your parents
4. Releasing endorphins — the body's natural painkillers
5. Enhancing sleep quality
6. Increasing your desire to make new friends
7. Promoting greater energy
8. Giving you better dreams at night
9. Increasing circulation
10. Helping you focus and think more clearly

Take good care of yourself

Getting a massage is a great form of self-nurturing. Taking care of your body is one aspect of valuing your health and yourself. You can talk with your doctor to see if massage could be a part of your wellbeing program.

Answers to physical benefits quiz:

Incorrect answers are #2, 5, 8. The rest are all correct.

Answers to mental wellbeing quiz:

Incorrect answers are #3, 6, 8. The rest are all correct.

¹Massage: More than a “feel good” experience. Accessed May 2017.

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Breathe deep. Stress less.

Want to de-stress?
It can be as easy as taking a few deep breaths.



8. Repeat until you feel better



1. Put your hands on your stomach



7. Notice your body relaxing



2. Breathe in slowly through your nose



6. Imagine stress leaving your body with your breath



3. Feel your lungs filling with air



5. Exhale slowly through your mouth



4. Notice your stomach rising



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