

Health Hints

Changing For The Better: Tips For Reducing Stress During Tumultuous Times

(NAPSA)—Taking steps to reduce stress isn't just good for your mood—it could also be good for your health.

According to the Mayo Clinic, the same physical routine that helps build muscle and burn calories also cuts stress. Try to incorporate a moderate level of physical activity—walking, light jogging or even dancing—into your routine at least three times a week. Just be sure to talk with your doctor first to see what type of exercise program might be right for you.

The good news is that reducing stress can be simple. Tips based on the book “The Not So Big Life: Making Room for What Really Matters,” by author Sarah Susanka, may help.

She suggests people use what she calls the Year in Review Ritual to bring balance into their lives, find meaning in everyday events and de-stress.

- Create a special journal in which to record your observations each year.

- Visit www.ntsobiglife.com and download the pdf that accompanies the blog entry titled “Making Time for the Year End Ritual.”

- Answer the list of questions related to the significant experiences of the past year, to your cur-



Finding ways to cut everyday stress could be good for your health and well-being.

rent life and to your heart's desires.

- Read through the past years' entries and notice how you are changing.

- Close the journal and don't look at it or even try to remember what you wrote until the same time next year.

- Engage the same review process once a year and watch yourself grow into ever more of your true potential.

For more information, visit www.ntsobig.com.