

Successful Psychology

Top Scoring Tips To Beat The Blues

(NAPSA)—Because stress affects both your mental and physical health, especially during the winter months, Dr. Kathleen Hall and The Stress Institute suggest the following tips to beat the blues:

Take Time To Laugh And Play

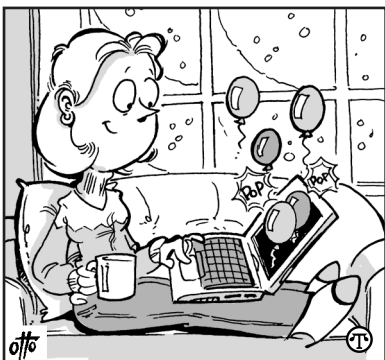
Laughter has been scientifically proven to reduce stress hormones and release endorphins. Laughter and play boost the immune function and can aid in disease prevention. Go online and play a game or watch a funny video to take a mental break and play. A survey done by Frank N. Magid Associates and Pogo.com states that one in three people on the Internet play online games to relieve stress.

Exercise

Exercise produces endorphins, which helps lower stress. Walk around the block or do chair yoga at your desk. Taking the time to work toward your goal of getting in shape will also reduce stress.

Find a Community

There is increasing scientific evidence that your community keeps you healthy. According to the study, more than half of people that have met others online say that talking to their new friends helps relieve stress. Connect with family and friends or find a group that shares a common passion such as knitting or writing. The company and community of others can help you avoid feelings of isolation, loneliness and depression.



Taking time for some fun can be a healthy idea. One winning way to battle the blues is to play a game.

Create Concrete and Attainable Goals

Choose only three things you want to accomplish in the upcoming months or year. Focus on only those things to not overwhelm or confuse things. Write them down and commit to them. Make a step-by-step plan and assess your goals and where you stand every week.

Reinforce Positive Thinking

Create a positive affirmation and repeat it often during your busy day. It creates energy, focus and confidence in your goals. Stick notes along your daily routine—on the mirror, refrigerator, in your car or on your computer.

For more anti-stress tips and advice on how to create a balanced life through play, visit www.pogo.com/take5toplay.