

# Five Ways to Cope

## Chew gum

Chewing is a great form of stress reduction. If you have gum on hand, particularly scented gum, chew it for at least three minutes. But don't chew half-heartedly! It may be useful to take out your pent-up energy on the gum.

## Stretch

- Clasp your hands together and push upward with your palms facing the sky.
- Stretch and hold the pose for 10 seconds.
- Try twisting your torso left and right for 30 seconds, then repeat.

## Write it out

Writing can help you focus your thoughts on the positive or ways to tackle the negative.

## Walk it out

Exercise – including walking – is a great way to manage stress.

- First, it lets you escape the situation.
- Second, exercise helps your body release endorphins, the neurotransmitters that make you feel warm and fuzzy.

Think of walking as moving meditation. A few laps around the block can help you forget previous tension and relax so you return to the situation calmer and more collected.

## Take a hot bath

The answer to washing away a day of stress may be in your bathroom. [Hot water](#) is known to help release endorphins and increase blood flow to the skin.

Warm baths can also:

- improve breathing
- reduce risk of heart attack
- lower blood pressure
- burn calories