

## Top-Five Stress Busters

by JoDene Stokes

(NAPSA)—Life can be stressful, no doubt about it, but how we deal with that stress can make a huge difference in the quality of our lives and in our own health. Try these tips:

**1. Breathe**—When stress levels begin to rise, close your eyes and relax into a few deep breaths. Deep breathing suppresses and calms your sympathetic nervous system which, when activated, releases stress hormones that can be detrimental to our bodies.

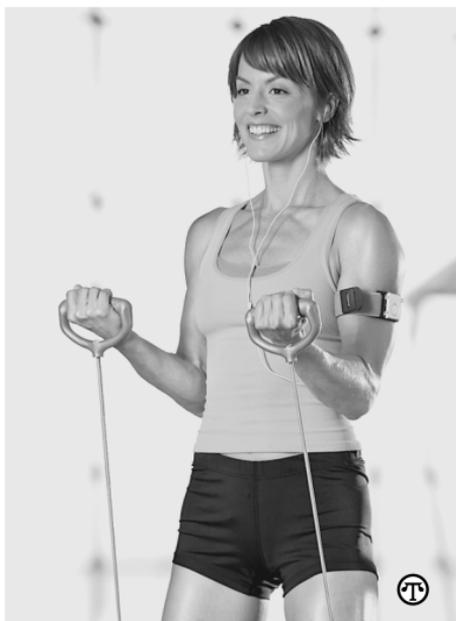


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**2. Let Go**—Many of us get stressed out over “the small stuff” in life. Instead, practice the art of “letting go.”

Close your eyes and repeat several times: “let” as you inhale and “go” as you exhale. Focus on the things in your life that are the most important to you—your health, family, friends and loved ones, as well as all the blessings in your life.

**3. Exercise**—Exercise raises our production of endorphins—brain chemicals that make us feel good—and increases our sense of well-being. If you're stressed out about starting an exercise routine—or want to improve your current one—try using equipment designed for your fitness level. For instance, Savasa makes jump ropes, weights, resistance bands and other items that are color-coded to your size, height and fitness level. Plus the products have smaller grips and handles modeled on women's hands. They even come with a DVD featuring 15-minute workouts created by professional trainers.



**Exercising is one of the best ways to bust stress—and the right equipment can help.**

**4. Be Present**—Stress often occurs when we relive painful memories over and over, or when we constantly worry over the unknown future. When you notice these thought patterns, tell yourself that you cannot go back in time, and since you have no control over the future and no amount of worrying will ever change that, you are then left with one option—bringing your mind into the present moment.

**5. Eat Right**—By eating lots of fresh fruits, vegetables, whole grain breads and pasta, and by eliminating foods that are high in fat, white flour, white sugar and caffeine, we can build up our immune system's ability to protect our bodies against the damaging effects of stress.

For more information, visit [www.savasafit.com](http://www.savasafit.com).

• Ms. Stokes is a fitness expert and Savasa Personal Trainer™.