

## Camping Find

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 S B H C I E A N M E S Y N  
 I O G A R Y R R I S A R T  
 C A I P S A I I K H E F A  
 O T L K T R T I F T S S R  
 M I H C A P T I N P D I P  
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 A G A B D G L C U E M A C  
 S P L T K U E O N A R O C  
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 O L H T P C H U C K B O X  
 R O A M A E P G N I K I H  
 E O A M S W I M M I N G E  
 S C C H A R C O A L E O R

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HIKING  
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# Reduce Your Load of Stress

**F**ace it. There are times when your work almost makes you dizzy with stress. **When this happens, try these ways to get calm and refocused:**

- ▲ *Relax.* Sit still for a few minutes or take a relaxing bath to lower your heart rate and blood pressure.
- ▲ *Listen to music.* In one study, two groups were working on a presentation. Those who worked in silence had increases in blood pressure and heart rates. Those who worked with a calm musical background had steady readings and less stress.
- ▲ *Take a positive thought break.* Think



about a vacation or someone you care about for a few minutes. Repeating a positive saying or prayer may also be helpful.

- ▲ *Laugh at something.* Laughter is not only one of the most effective stress busters, it also helps your immune system.
- ▲ *Take a walk.* Taking a five- or 10-minute walk can have a very calming effect, say psychologists at Stanford University School of Medicine.
- ▲ *Practice deep breathing.* For several minutes, take slow, deep breaths. This will help you stretch your shoulders and loosen the right muscles. Take three or four belly breaths every hour when working on a stressful project.

## Reaching Out to Others for Companionship

For a growing number of Americans, the definition of family reaches beyond blood relations. In many ways, friends have become the new family. They understand you, celebrate with you, and provide you the kind of emotional support that humans need. When families are distant, friends are present. If there are no living relatives or they live far away, friends can play an important role. Sociologists say there is evidence that family ties are not what they used to be. It's difficult to find three generations in one location. Even when family lives nearby, people often have more in common with people who are closer to their own age. Seek a healthy balance between friends and family.



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