

# Double TAKES

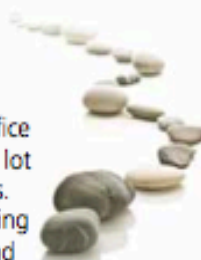
BETTER LIVING  
THROUGH HEALTHY  
ADVICE

*When stress takes over your nervous system, your body produces chemicals that rev up your body's stress reaction: "fight or flight." This is meant to protect you. But when it's constantly on alert, you're putting your health at risk. Terrebonne General Medical Center (TGMC) has some ways for you to take back control and become a less stressed, healthier you.*



## Relaxation Techniques

Long days at the office and family life are a lot to juggle sometimes. But in between driving home from work and getting the kids to soccer practice, try some deep breathing. When you breathe deeply, it sends a message to your brain, which then sends a message to your body to relax. Things like increased heart rate, fast breathing and high blood pressure all subside as your body calms down while practicing deep breathing.



## Meditation

If, by chance, you can catch some downtime, meditation is a great way to get your stress level down. Yoga and tai chi classes combine meditation with strength training and help with core stability, flexibility and balance. Studies show that people who practice yoga and tai chi have less frequent and less intense headaches than those taking medications for them. People also saw improvements in anxiety, depression, bone density and cardiovascular health, as well as a decrease in blood pressure.



## Exercising at Your Desk

Always on the go and just don't have the time to exercise? Do it at your desk! Here are three simple and easy things to do that will tone up your body and tone down the stress:

- Work on your legs and calves with toe raises. Lift just your toes while keeping your heels firmly on the ground. This takes most of the weight off the calf muscle during strengthening so it also helps you to relax.
- Hand stretches help to relax the tense muscles in your hands. By making fists then spreading and bending your fingers, you're lessening the chance of a repetitive stress injury.
- Neck rotations are also a great way to prevent fatigue. Relax your jaw muscles and drop your chin. In slow, controlled movements, roll your neck in both directions to relieve some stress.