

Finding Balance

What are signs of stress?

- Headaches, muscle tension and neck or back pain
- Upset stomach
- Dry mouth
- Chest pains or rapid heartbeat
- Difficulty falling or staying asleep
- Fatigue
- Loss of appetite or overeating comfort foods
- Increased frequency of colds
- Lack of concentration or memory issues
- Anxiety, irritability or short temper



Ways to reduce stress

Guided imagery: Uses words and music to help guide you toward a relaxed state

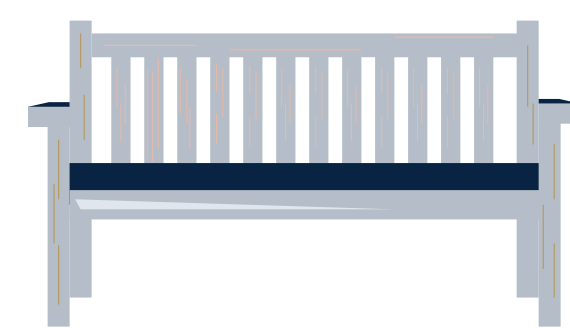
Mindfulness: Focus on the present and what you're feeling in the moment

Deep breathing: Take slow, deep breaths to calm your body and your mind

How to practice mindful meditation

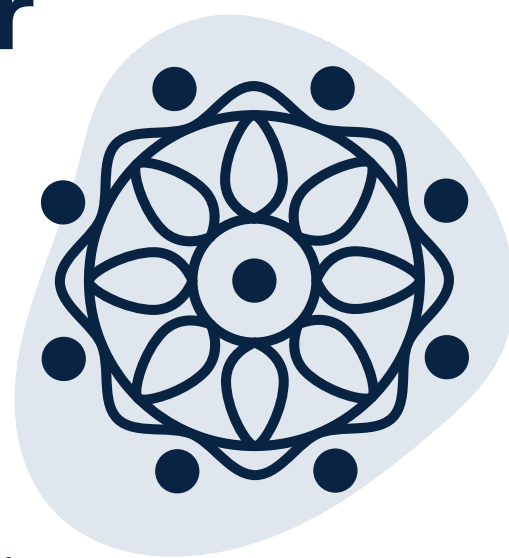
Most mindful meditation is done seated. Try to relax your body. To do this:

1. Sit up straight in a chair with both feet on the floor and your hands on your thighs.
2. Close your eyes.
3. Pay attention to your breath as you inhale and exhale.
4. Focus on your forehead, the bridge of your nose, your cheeks and so on until you reach your toes.
5. As you move down your body, concentrate only on the sensations of each part and let all other thoughts go.



Take a breather

Practice slowly inhaling through your nose, feeling your breath as it fills your abdomen and chest. Then exhale slowly through your mouth.



Take a deep breath with MyStrength

HERO: HII Employees Reach Out offers MyStrength, a free online and mobile app that supports emotional health and wellness.

Think of MyStrength as a private 24/7 health club for your mind.