



Parish Nurse Corner

INSTANT RELAXERS

~ Help you put life back into perspective ~

♦ Drink a cup of tea. It's nearly impossible to gulp hot tea, and several kinds can actually relax you. Try calming chamomile or a cup of green tea.

♦ Sit in a rocking chair. When Charlotte/Douglas International Airport in Charlotte, NC, installed rocking chairs, harried travelers flocked to them.

♦ Breathe deeply. When you're stressed, you sigh, gasp or sputter. To slow your breathing, focus on each breath - in through your nose and out through your mouth. Concentrate on nothing but inhaling and exhaling. Better yet, try this exercise in the fresh air outside.

♦ Shift activities. If what you're doing is making you anxious, do something else. If you are sitting at your desk working on the computer, get up and move around. If you're doing something that requires great concentration, shift to something mindless.

♦ Make yourself smile. Keep a funny cartoon or joke nearby and look at it often.

♦ Remember: We don't know what the future holds. But, we Christians know who holds the future.

God's Peace and Blessings,

Peggy Taylor, RN, Parish Nurse

