



BlueCross BlueShield of Illinois



BlueResource<sup>SM</sup> – Stress Relief – Recharging Your Battery

## Slow Down to Speed Up

Life is much faster paced than it was a generation ago. The fast lane leads to stress and burnout. It also means you're probably missing out on a lot of good stuff. Slowing things down can help you feel happier and more balanced. Here are ways to get started.

**Step away from tech.** Relax and decompress at the end of your day by avoiding after-hours work emails and text messages.

**Meditate every now and Zen.** Spend time each day clearing away information overload to help restore a sense of peace and calm.

**Breathe slowly.** Take deep, even breaths to give your body more oxygen and relax tense muscles in your neck and shoulders.

**Build in down time.** Give yourself time to relax by taking a walk, catching up with friends or watching a favorite movie.



Slow down to stress less.

**Source:** Meditation: A Simple, Fast Way to Reduce Stress. Mayo Clinic. 2020.

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