



# 10 Simple Ways to Relieve Stress



**PAH Initiative**

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## 1 Get active



Exercise can lower stress hormone levels, release endorphins, and improve sleep quality

## 2 Eat a healthy diet



Take care of your body by eating a variety of fruits, vegetables, and whole grains

## 3 Get enough sleep



- Give your brain and body time to recharge
- Have a quiet, relaxing bedtime routine and stick to a consistent schedule

## 4 Try aromatherapy



Burning a candle with scents such as lavender, rose, or chamomile can be calming

## 5 Spend time with friends and family

- Spending time with friends can release oxytocin, a natural stress reliever
- This includes pets, too!



## 6 Listen to soothing music



Music can be calming, reducing muscle tension and decreasing stress hormones

## 7 Laugh more

- Laughing can ease the stress response and relieve tension by relaxing your muscles
- Watch an episode of your favorite sitcom!



## 8 Get creative



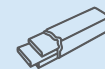
- Choose a hobby where you can focus on what you are doing, not what you think you should be doing
- Try gardening, sewing, or sketching

## 9 Try yoga



- Yoga joins the body and mind by increasing body and breath awareness
- It may help lower stress hormone levels and blood pressure

## 10 Chew gum



It may help you relax and reduce your stress

### References

1. Mayo Clinic. Stress management. <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relievers/art-20047257>. Accessed September 20, 2019. 2. Healthline. 16 simple ways to relieve stress and anxiety. <https://www.healthline.com/nutrition/16-ways-relieve-stress-anxiety>. Accessed September 20, 2019.