



Stress is a multifaceted experience that impacts our feelings, thoughts, actions, and reactions.

By learning to implement specific strategies that address these areas, we can reduce the impact of workplace stress.

Leave Stress Behind ... at the Office

We live in a complicated, increasingly technological world. In the workplace we are experiencing information overload due to constant communication and an expectation of increased productivity.

Stress can compromise our ability to sleep, resulting in fatigue, irritability and decreased productivity. Quality sleep leads to creativity, clarity, the ability make productive, goal-directed decisions and, most importantly, *night-time renewal*.



The ability to calm the mind and lower stress is the gateway to night-time renewal.

If you're having trouble leaving the office behind for the day, relax by using the following breathing exercise:

Place the tip of your tongue on the hard palate just behind your top teeth.
Keep your tongue there throughout the entire exercise.

Now, exhale completely through your mouth.

Next, close your mouth and inhale through your nose for a count of 4. Then, calmly hold your breath for a count of 7.

Finally, exhale all the air through your mouth for a count of 8.

night-time renewal
for your body and mind™