

# Finding Balance

Week 4: Relaxation and stress



## Make time to unwind

When you're stressed, the last thing you want to hear is that you should try to relax. But it's actually very good advice. By making relaxation part of your routine, you train your mind and body to offset the negative effects of stress. This can help you restore balance, feel calmer, and even sleep better.

The great thing about practicing relaxation is that once you find techniques that work for you, you can use them anytime. Start simple: This week, listen to a [guided imagery podcast](#), or try some yoga-inspired [breathing and stretching techniques](#). See if it makes a difference in how you feel.



### Did you know?

Meditating for just a few minutes a day can lead to lower stress. That's because meditation actually changes the way your brain works – and it can teach you to cope better.\* [See for yourself.](#)



Open your stress management workbook and start the week 4 activity.

\*J. David Creswell et al., "Brief Mindfulness Meditation Training Alters Psychological and Neuroendocrine Responses to Social Evaluative Stress," *Psychoneuroendocrinology*, Volume 44, June 2014, pp. 1–12.

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