

5-Minute Stress Solutions



How does your day end? Do worries accompany you home and distract you from your family or peace of mind? Try these tips from Jeffrey Brantley, M.D., founder and director of the Mindfulness-Based Stress Reduction Program at Duke University's Center for Integrative Medicine and author of *Five Good Minutes in the Evening*.



Breathe deeply for a minute. Pay attention to your breath moving in and out. Don't try to control your breathing or thoughts.



Set an intention. Focus on a goal that's important to you. For example, your intention could be to become more aware of what you're doing in the moment.



Act wholeheartedly. As simple as it sounds, you may find it takes practice to be wholehearted, even for five minutes.



Wind down. Reorganize your day at work so simple and pleasurable tasks come at the end of the day.



Write it out. Take five minutes to jot down the thoughts or feelings that upset you. Let go of the thoughts that bring you down.



Feel gratitude and sleep better. Practicing gratitude at bedtime can help shift your mind from worry to ease. Breathe deeply and reflect on one good thing that happened today.



Take a mental holiday. Feeling stressed in bed? Visualize a perfect, peaceful getaway, such as spending time at a beach or in a forest. Carry this calming imagery with you as you fall asleep.

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