

# 6

## R's to Reduce Stress by Dr. Kent Bradley

Did you know that our body does not discriminate from the source of stress? It simply responds to the stress. Let's focus on reducing our stress and improving our health with these simple practices...I call them my 6 R's.



### Rest

First, get enough sleep! Adequate sleep is extremely helpful in calming down the stress response.



### Relaxation

Deep breathing – whether done through meditation exercises or while you are doing yoga – the key is slow, intentional deep breathing!



### Recreation

Keep active – whether that means a walk, a bike ride or reading a book (something you love to do). Taking time for yourself, doing something you love to do that involves some form of activity (mental or physical) is helpful!



### Relationships

Staying connected is so important. We are meant to be in a community. We may be physically isolated, but that does not mean we need to lose our connection to others.



### Routine

Stay consistent. If you need to work from home – then get up at the same time, set up an office and work like you normally would.



### Reframing

Reassess the perceived stress so it no longer is viewed as a threat. You may need the help of a coach to help you through the practice of first identifying why something is viewed as a threat and then placing that into a context that is helpful.



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