



Stress rears its nasty little head in lots of different ways. Staying calm, cool and focused can be tough. Try these four **stress-busting tips** to help you concentrate from the Finding Focus Challenge.

1. **Breathe**
Take in slow, deep breaths. When you breathe deeply, you inhale more oxygen. The more oxygen you get, the less tense and anxious you feel.
2. **Listen to your favorite tunes**
Music soothes the brain. Listen to songs that make you happy. And if you want to sleep better, turn off the TV and listen to music before bed.
3. **Catch more zzzs**
Get eight hours of shut-eye every night to reduce cortisol, a stress hormone. Every day you skimp with just six hours of sleep or less, you pay for it with 50 percent more cortisol in your blood stream.
4. **Meditate**
Quiet reflection lowers blood pressure, improves mindfulness and concentration. Plus, long-term meditators have 80 percent less heart disease, and 50 percent less cancer.

Practice these behaviors regularly to DE-STRESS!!

All activity points for the Finding Focus Challenge need to be entered on the HealthQuest wellness portal by **Friday, August 19th, 2016**. **Once you earn 90 activity points you will be awarded 5 HealthQuest credits.** Log your activity points on the portal at www.KansasHealthQuest.com via computer, tablet or

smartphone. You will find the Challenge listed under the bulletin board on the lower right.

The HealthQuest Team