



BlueCross BlueShield of New Mexico



BlueResourceSM – Stress Relief – Recharging Your Battery

Slow Down to Speed Up

Life is much faster paced than it was a generation ago. The fast lane leads to stress and burnout. It also means you're probably missing out on a lot of good stuff. Slowing things down can help you feel happier and more balanced. Here are ways to get started.

Step away from tech. Relax and decompress at the end of your day by avoiding after-hours work emails and text messages.

Meditate every now and Zen. Spend time each day clearing away information overload to help restore a sense of peace and calm.

Breathe slowly. Take deep, even breaths to give your body more oxygen and relax tense muscles in your neck and shoulders.

Build in down time. Give yourself time to relax by taking a walk, catching up with friends or watching a favorite movie.



Slow down to stress less.

Source: Meditation: A Simple, Fast Way to Reduce Stress. Mayo Clinic. 2020.

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