



What Is Stress?

Stress is a natural human response to demanding pressures or situations, causing bodily or mental tension that might affect everyday life.

More than this, stress is something we all face. Yet that stress does not need to control our lives.

This guide gives healthy ways to combat and manage it, helping you flip a new page for your life.

About OUR TRANQUILITY GARDEN

In the summer of 2023, Our Tranquility Garden started as Morgan Palchick's Girl Scout Gold Award. The garden and materials all address one main issue: stress.

Through these resources, we hope you find ways to manage your stress and start living life just a bit fuller.

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Our Tranquility Garden

MANAGING STRESS:

Sharing Laughter and Practicing Yoga

Try It

QUICK EXAMPLES

Laughter

Have an electronic device on you?

Try looking up funny videos, memes, or podcasts. (Need a go-to? Check out bloopers of your favorite show!)

Or maybe go hang out with friends and just laugh about silly things!

Yoga

Find some grass, a yoga mat, or even a chair, and try a pose or two.

Cat-Cow Pose (Chair)

Start seated upright on a chair. Inhale and arch your back to look up at the sky; exhale and curl your spine inward over yourself. Repeat.

Corpse Pose

Sprawl your body on the ground, chest upward, feet slightly wider than your hips, and arms diagonally at your side. Breathe deeply and fully relax.



Sharing **Laughter**

Laughter is an easy way to distract ourselves from stress. Even fake laughter or smiles stimulate circulation, relax muscles, and reduce stress hormones.

Some of the best ways to find laughter is through friendly company. Inside jokes or funny stories bring joy out of you, easing your mood and lightening stress' burden.

Practicing **Yoga**

Yoga is an ancient practice whose benefits persist today, alleviating physical tension, lowering heart rate or blood pressure, and helping reduce stress by promoting a present-focused mindset.

But more than that, it is a way to improve our mood and separate ourselves from the weight of stress.

With countless types of yoga, you can find the style right for you!

