

EAT THE STRESS AWAY: SEARCH 'STRESS-REDUCING FOOD' AT COSMOPOLITAN.CO.ZA 

DON'T LAUGH AT US JUST YET

THESE ALTERNATIVE STRESS-BUSTING
TECHNIQUES MIGHT SOUND BANANAS
BUT THEY WORK. TRUST US! BY LISA WITEPSKI

Colour in

WHAT? Colouring-in books aren't just for preschool. Adult colouring-in books are big news: in January, five of Amazon's top 10 books were adult colouring-in books.

WHY? According to art therapists, colouring in stimulates the senses and lets creativity flow. You can also express your mood by using different colours, and the action produces a feeling of calm.

DO IT NOW Buy the book that started the global trend – *Secret Garden* by Johanna Basford (R249 at Takealot) – or see Arttherapy.co.za for details of upcoming art therapy workshops.

Bound and rebound

WHAT? Trampolining has all the endorphin-releasing benefits of traditional workouts, plus a few added benefits.

WHY? According to Nicolle Weir, COO of Bounce Inc, trampolining lets you get in touch with your inner child and just have fun. If you're into science, jumping also uses gravity's pull to energise your cells and make you feel great.

DO IT NOW Book a session at one of Bounce Inc's trampoline parks in Jo'burg or Cape Town – check out Bounceinc.co.za for more.

Nap during work

WHAT? Multinationals around the world (including Google and the Huffington Post) have nap pods on their premises. As most people are logging longer working hours than ever before – and, thanks to the Internet, usually working at home in the evenings too – taking a nap during the day isn't taboo any more.



WHY? Taking a midday nap is kind of like rebooting. Companies that follow this route say their employees are happier and more productive as a result.

DO IT NOW Still, your boss could be less-than-impressed to catch you sneaking a power nap in the boardroom. Instead, make sure you take your lunch break, and have a snooze in your car. Just getting away from your desk should help to boost your energy.

Write a story

WHAT? Even if you're not the next EL James, writing a story (or telling one) can be extremely therapeutic.

WHY? According to Amy Kaye, founder of Write On! (a company that facilitates writing courses), research shows that storytelling helps to relieve stress because 'We are wired to share stories. Gossip makes up 65% of our daily conversation!' Writing down a story – using pen and paper – helps you slow down and strengthen the connection between your mind and your body. It also helps release stored emotion and allows you to analyse and process what's going on in your life.

DO IT NOW Follow @WriteOnSA on Twitter for information about courses.

Reset your spine

WHAT? You may have used chiropractic massage to address sports injuries – but it can also play a role in reducing stress.

WHY? According to Dr Robert Delgado of Delgado Chiropractic Spinal Care & Lifestyle Engineering, movement of the spine is critical for general health.