


DOWN SHIFT and Live Longer, Better®

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| 1 | Close your eyes and breathe deeply for 10 minutes. | Play a board game with your kids or friends. | Turn in early tonight. | Silence TVs and cell phones.  | "There is more to life than increasing its speed." -Mohandas K. Gandhi |
| | 2 | Crank up the tunes and sing.  | Join a club or group activity you like. | Indulge in quiet time with a long bath.  | "Better to do something imperfectly than to do nothing flawlessly." -Robert Schuller |
| | | Take a nap.  | 3 | Do something you love (read, sing, dance). | Enjoy a 10 minute walk at your own pace.  |
| | Unwind with a glass of wine.  | Don't rush around. Arrive 15 minutes earlier. | | 4 | Take baby steps to find your true purpose through a workshop. |
| | Watch a funny show and laugh til' your belly aches. | Plan a day off from work and make it YOUR day. | Pet your dog (or someone else's).  | | 5 |
| Learn a new hobby.  | Setup a regular happy hour with pals. | Plan a vacation or fun activity like a picnic. | | | |

REPEAT YEARLY
REPEAT MONTHLY
REPEAT WEEKLY

Although everyone experiences stress, the world's longest-lived people have routines to shed it. Adventists pray, Ikarians nap, and Sardinians do happy hour. Pick a de-stressing strategy that works for you and put it into practice. (Try these tips monthly and you'll feel a down shift!)

Learn more at bluezonesproject.com.

