

Mayo Clinic Minute

Stress-reducing ideas designed to make you smile

VIDEO	AUDIO
	The author of <i>The Mayo Clinic Guide to Stress-free Living</i> says demanding days are making us sick.
Title: Amit Sood, M.D. Complementary and Integrative Medicine Mayo Clinic	“You name a medical condition, it’s made worse by chronic stress.”
	Some of Dr. Amit Sood’s ideas for easing stress are designed to make you smile.
Amit Sood, M.D.	“Our brain is hungry for uplifting emotions.”
	Dr. Sood says, after a couple of hours of intense focus, you and your brain need a break.
	<i>Sound of a funny internet video</i>
Amit Sood, M.D.	“So I might watch a funny video or a song that uplifts me.”
	<i>Sound of typing on a keyboard</i>
Amit Sood, M.D.	“I like to send a ‘hi there’ sort of emails.”
	Nothing work-related. Just a “how’s it going?”
Amit Sood, M.D.	“First, I feel good. I thought about somebody.”
Amit Sood, M.D.	“And they appreciated someone remembered them.”
	And you can send good vibes to people you don’t even know on what Dr. Sood calls a “wishing well walk.”
Amit Sood, M.D.	“So I take a short stroll. And everybody I see, I silently wish them well. And it never fails in uplifting me.”
	And Dr. Sood says uplifting feelings are great for easing the stressful ones.

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For the Mayo Clinic News Network, I'm Jeff Olsen.