

how to stay cool pdf

keep your stress under control. When you make yourself available to your work 24/7, you expose yourself to a constant barrage of stressors. Forcing yourself offline and even "turning off your phone gives your body a break from a constant source of stress. Studies have shown that something as simple as an email break can lower stress levels.

How Successful People Stay Calm - TalentSmart

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On a hot day: If you can, cool down in a room that is air conditioned. Drink water often. Make sure you drink water that is clean and safe. Wear clothes that are light in color, made for warm weather, and fit loosely. Work or play outside in the morning or evening, when it is cooler.

Stay Cool - Centers for Disease Control and Prevention

Learn about heat-related illness and how to stay cool and safe in hot weather. Now is the time to prepare for the high temperatures that kill hundreds of people every year. Extreme heat causes more than 600 deaths each year.

Keep Your Cool in Hot Weather! | Features | CDC

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How to Stay Cool, Calm and Collected: A Stress-Control

To stay cool without air conditioning, try to drink at least 8 ounces of water per hour as your body will feel cooler if it's hydrated. Place a frozen cloth on your neck if you still feel hot. Alternatively, pour cold water over your wrists or soak your hair with cold water to reduce your body temperature.

3 Ways to Cool Yourself Without Air Conditioning - wikiHow

If you need to stay calm in a stressful situation, focus on taking long, even breaths, inhaling through your nose and exhaling through your mouth. If it's possible, excuse yourself for a minute or two, and try to think about something that makes you happy, like going on vacation or spending time with someone you like, then return with a fresh ...

How to Be Calm in a Stressful Situation (with Helpful

Stay away from the stove. Summer is not the time to whip up a piping hot casserole or roast chicken. Instead, chow down on cool, room-temperature dishes (salads are clutch) to avoid generating any more heat

in the house. If hot food is in order, fire up the grill instead of turning on the oven.

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