



Stress Reduction

T E C H N I Q U E S

Deep Breathing

- Breathe in slowly through your nose until your chest is full. Then breathe out slowly through your mouth. Continue this a few times until you begin to calm.



Music

- Listen to music that relaxes you. Try to avoid music that intensifies negative energy. Carry around your headphones so you can have your own private music whenever needed.

Guided Imagery

- Think of a positive memory. Try to engulf yourself into that memory. What did you hear? What did you see? What did you smell? Try to engage all of your senses.

Meditate

- Take a moment each day to be present. Plant your feet on the floor and close your eyes and recite a healthy mantra (ex: "I feel at peace" or "I am worthy") place a hand on your stomach to sync the mantra with your breathing.
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Movement

- Try to find some time in your day to do something active. Even if it's just a quick walk or taking the stairs. Movement brings out endorphins that make you feel good.

Progressive Muscle Relaxation

- Take turns tightening different muscle groups and then relax them - such as shoulders, hands, legs, arms. Tighten one at a time and hold for 10 seconds and then release. Repeat several times.

Journaling

- Carry a journal around or a blank piece of paper so that you can write down your experiences and thoughts. If this doesn't help, try writing about other topics.

Talk to Someone

- Communication is so important when getting across our feelings. Everyone gets stressed and overwhelmed sometimes. Being able to convey what you are feeling to the people around you can really release some of that stress. If you are having trouble speaking up try sending a text to a friend.



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