



2 Minute Stress Relief



◆ *Sweet 16 Breathing:* Inhale for a 4 count & hold for a 4 count. Exhale for 4 & hold for 4.

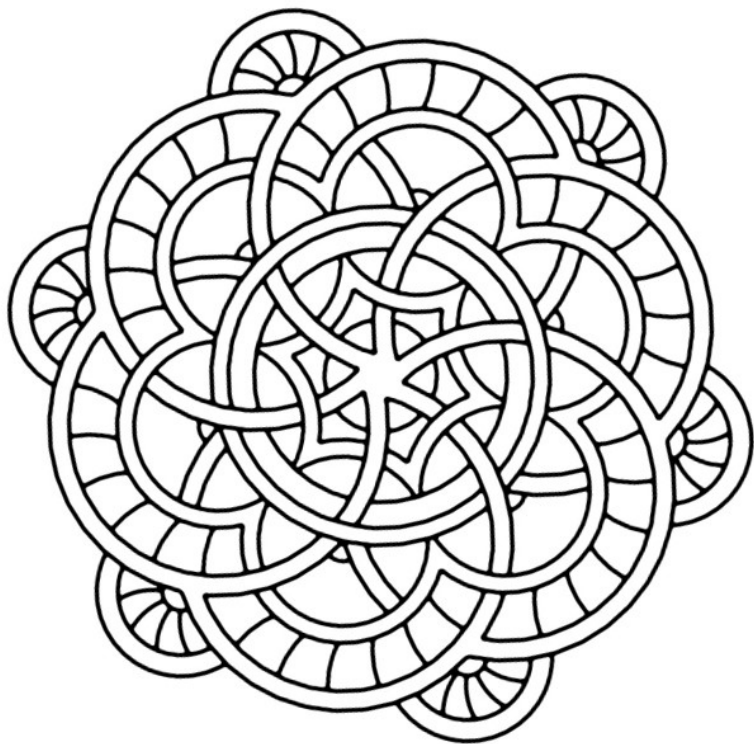
Mindful Observation: Choose an object and relax into observing it (texture, color, light, etc.).

Stretch: Practice a simple stretch. Raise your palms toward the sky or twist your torso for 30 seconds.

Affirmation: Write down 1-2 empowering statements and place them where you can see them often.

Touch: Cozy up with a soft blanket or pillow.







5 Minute Stress Relief




5 Senses: To be aware of the present moment, identify things you can see, touch, hear, smell and taste.

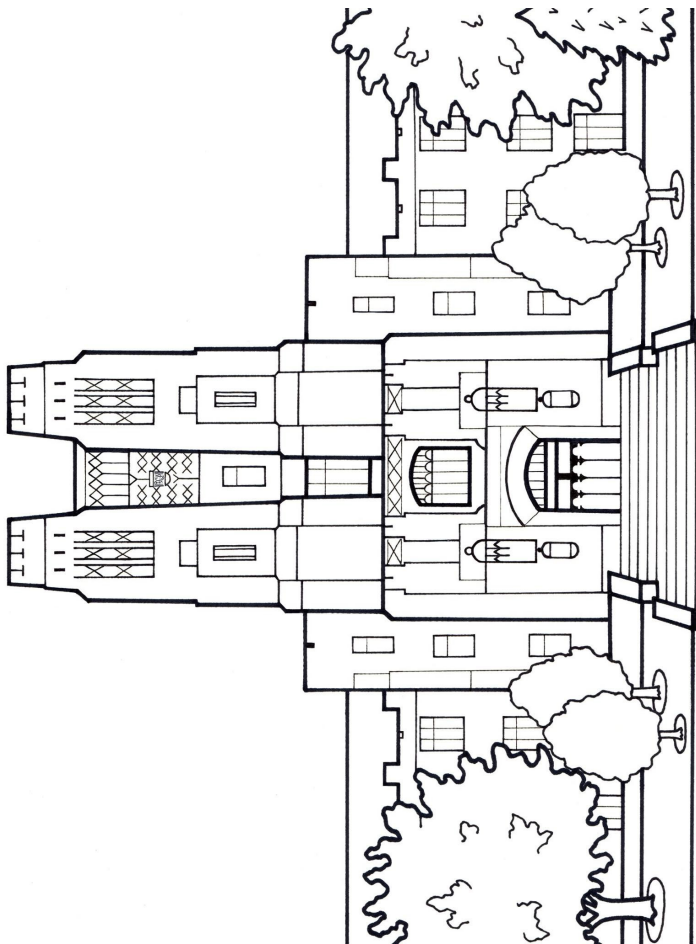
Mini-Vacation: Picture a place where you feel comfortable and happy. Close your eyes and think of everything that makes this place relaxing.

Stretch: Practice a simple stretch that you can do where you are. For example, cross-body arm stretch.

Color: Coloring can have a meditative effect making it perfect for stress reduction.

Play a Song: Listen to a song that makes you happy, relaxed, and/or empowered. Turn it up!





10 Minute Stress Relief

Decompress: Place a heat wrap on your neck and shoulders. Close your eyes and release the tension.

Massage: Use a tennis ball or foam roller to massage the tension away. Apply pressure to spot for 15 seconds.

Body Scan: Focus on different parts of your body and notice where you may be holding tension. Consciously release that tension.

Gratitude: Write down 3 things that you are grateful for each day. Look back at these notes when you are feeling stressed.

Dance: Dancing releases tension and can remind you of a happy time to take your mind off your stress.



30 Minute Stress Relief

Muscle Relaxation: Tighten/tense your muscles in different parts of your body for a few seconds. Exhale and slowly release the tension.

Move: Move your body in ways that feel good to you whether that is walk, stretch, or high-intensity exercise.

Laugh: A good belly laugh lowers your body's stress hormone. Watch your favorite sitcom or comedy.

Clean: Choose a space that requires little planning but some physical effort. Do it mindfully and enjoy the sense of achievement.

Bath: Run a bath and sink in. Use your favorite scents and lower the lights for a full sensory slow down.

