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.
"Empowered Women
Empower Women
Women
Women
Women
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.