

# Neutralize stress

- Breath work, movement, meditation
- Journaling, reading, laughter, music
- Volunteer, initiate social connections
- Painting, sewing, photography
- Pets or animal rescue organizations
- Gardening, cooking, watching movies



## Relaxing breath technique

Breathe in slowly through your nose and think, “I am relaxing my eyes.”

Breathe out completely and think, “My eyes are relaxed.”

Breathe in, “I am relaxing my jaw.”  
Breathe out, “My jaw is relaxed.”

Continue with My shoulders, hands, back, thighs, feet.

Finish with, “I am relaxing my whole body –  
My whole body is relaxed.”

# When facing a stressful situation employ the “stop” technique

**Stop** - interrupt your thoughts with the command “STOP”

**Take a breath** - Relax through mindful breathing

**Observe** - notice what thoughts, emotions, and physical reactions are present in the moment

**Proceed** - mindfully consider the most calming thoughts to take in at the moment. Narrow down your focus and take one step at a time



# Exercise regularly

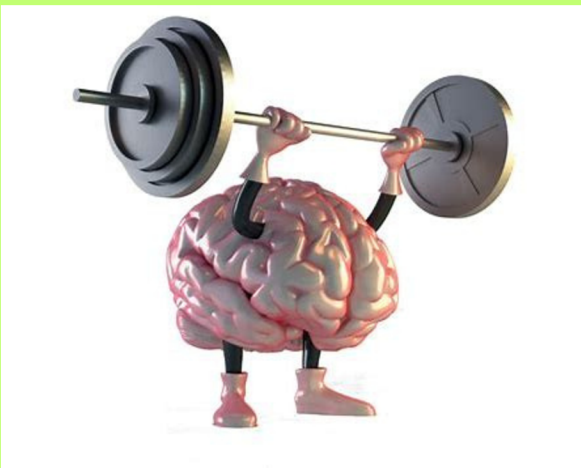
## Exercise classes



## Yoga



## Resistance training



## Walking



## Stretching



Choose what you enjoy doing  
Consistency is key

# Say NO to repetitive thinking

Do you find yourself thinking the same negative things over and over again?

Now you can counter your thoughts by using the grounding technique

Stilling your mind will calm down your nervous system



## The Grounding Technique

Breathe deeply in through your nose and out through your mouth.

Slowly look around you and find:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell  
or 2 smells you like
- 1 emotion you feel



# Control stress related eating

Before reaching for an unhealthy snack,  
think “HEART” and ask yourself:



Am I **H**urt?

Am I **E**xhausted?

Am I **A**ngry?

Am I **R**esentful?

Am I **T**ense?

Use the DOSE approach to ease your  
stress rather than a snack

# Get a DOSE of “happy chemicals” to manage your stress



## Dopamine

- The REWARD chemical
- Complete a task
- Do self-care
- Enjoy a meal
- Celebrate a win



## Oxytocin

- The LOVE hormone
- Play with a pet or child
- Hold hands
- Hug your family
- Give compliments



## Serotonin

- The MOOD STABILIZER
- Meditate
- Walk in nature
- Get sun exposure
- Do cardio activity



## Endorphins

- The PAIN KILLER
- Laugh at a comedy
- Exercise
- Smell essential oils
- Taste dark chocolate

# Cultivate a positive attitude



Acknowledge  
yourself and  
others



Once a week, send a text or email or leave a  
comment on social media telling someone  
how pleased you are that they're in your life.

Label a jar "Good Things" and, at the  
end of each day jot down the day's  
positive events and how they made  
you feel. Leave the jar where you can  
see it.



And if nobody told you today,  
know that you are loved and you  
are enough just the way you are.

