

Quick Stress Reducers

Start Right - Do not look at your phone first thing when you wake up. Don't let others dictate the first thoughts of your day.

Visualization - *Receptive visualization* is a passive technique similar to watching a movie in your mind. Vividly imagine the scene you want to happen. Start with yourself and slowly build the scene around you, what are you wearing, how do you feel, what are your thoughts, what are you saying, continue adding other people until you have the full detailed scene. You're in control. How do you want your scene to end?

The *mapping technique* is a little more hands on. Begin by thinking of what you would like to happen, then draw physical representations of all the factors involved from beginning to end. Make the drawings as detailed as possible. It is not important what your drawing but what your mind is seeing as you draw. While you are drawing your mind is taking in and processing everything you need to achieve your goal.

Just Breathe - Take 2 minutes. Place your feet on the floor, rest your hands in your lap, close your eyes, breathe in and count slowly to 4, then breathe out slowly counting to 4.

Be present - "Whatever you're doing, just do that." *David Gelles - Mindful Work*

Progressive Muscle Relaxation - Sit comfortably and tense up on body part at a time, then slowly release your muscles. Start from the top of your head to the tips of your toes.

Talk it out - Take a break and call a friend to talk about your problems. A reassuring voice can put things into perspective. If talking to a friend isn't an option talk calmly to yourself. Why are you stressed? What needs to be done in this moment? Tell yourself things will be okay.

Be Grateful - Make a list of 3 things you are grateful for today. Even if it's small things this will help you refocus your mind from the negative to the positive.

Laugh - Everyone is different and different days bring different moods. What do you think is funny today? Take a break and laugh. Do you have a favorite comic? Favorite comedian? favorite meme? Whatever it is that makes you laugh today find it and laugh at it.

Meditation - Focus your attention on a specific object, image, mantra, or your breathing. Think about each part of your body and how it feels. Imagine relief entering each part of your body and stress leaving each part of your body. What does relief look like coming in? A stream of water, a cool breeze, a calming color? What does stress leaving look like? A scribble? Smog? Tar?