

6 SIMPLE WAYS TO MANAGE STRESS

IN YOUR WORKDAY

1. JUST BREATHE: the 5 – 5 - 7 Breath:
 - Inhale through your nose for count of 5
 - Hold breath for count of 5
 - Exhale through your mouth for count of 5
 - **repeat 3-4 cycles****
 - **relax your shoulders, shake it out after****

2. HELP SOMEONE:
 - a. Helping others naturally releases stress
 - b. Can be as simple as holding a door open, smiling

3. PRACTICE GRATITUDE:
 - a. Start with what you are most grateful for right now
 - b. Journal or speak as many gratitudes as possible in a given time (1, 3, 5, or 10 minutes)

4. MOVEMENT:
 - a. Calf raises, sit to stand, backward shoulder rolls
 - b. Movement breaks in your day (Break state): take a walk at lunch, between clients/meetings

5. MINDFULNESS:
 - a. Find time in your day to be FULLY Present
 - b. Can look like meditation, prayer, or simply being still and finding joy in the moment

6. IMPROVED PLANNING:
 - a. Organize your task list
 - b. Prioritize your task list
 - c. Eliminate last minute scrambling