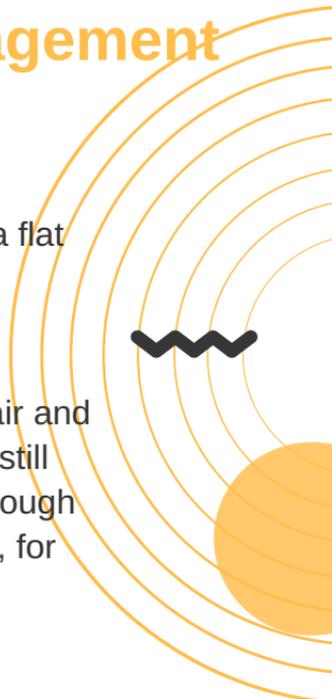


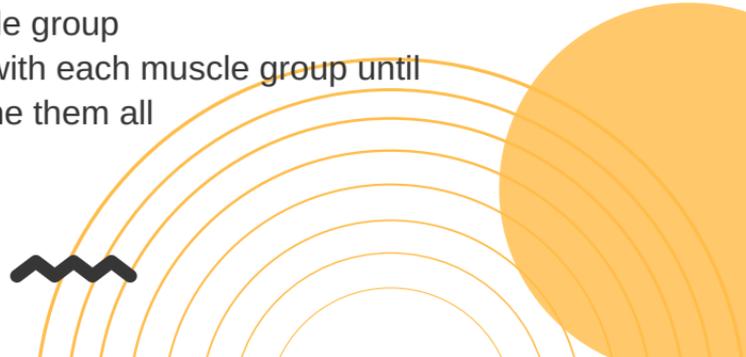
# Immediate Stress Management Techniques



## Try a breathing exercise

- Sit in a comfortable position or lie on a flat surface
- Relax any tension in your body
- Breathe in through your nose for 2-3 seconds. Expand your stomach with air and make sure your chest stays relatively still
- Contract your stomach and exhale through your mouth, with a pursed expression, for about 2 seconds
- Repeat several times

## Try progressive muscle relaxation

- Choose a muscle group to start with. Try going from the bottom up so start with your feet. Inhale, and tense your feet for 5-10 seconds
  - Breathe out, and completely relax your feet
  - Take 10-20 seconds before you move to the next muscle group
  - Continue with each muscle group until you've done them all
- 

# Immediate Stress Management Techniques



## **Boost cardiovascular activity**

Do 10 pushups, lunges, or jumping jacks to boost cardiovascular activity and circulation

## **Try a micro-meditation**

Take a moment to identify where you are feeling tension in your body. Visit it fully, and send it a little kindness if you can.

## **Drink a glass of water**

## **Recite an affirmation**

Recite an affirmation to yourself aloud or in your head. Here are some examples:

- My tension is melting away.
- I am getting stronger every day.
- I can handle whatever life throws at me today.
- If I keep doing it, it will get easier.



# Immediate Stress Management Techniques

## Strike a Power Pose

**Pride pose.** This pose can reduce cortisol (stress hormone) in the brain when held for over two minutes. Stand with your feet hip distance apart and hold your arms above your head, either shoulder distance apart or in a Y position. Take several long, deep breaths.

**Mountain pose.** Stand with your feet hip distance apart and your arms at your sides. Slightly rotate your shoulders open so your palms face forward and your collarbones spread. Don't arch your back. Take several long, deep breaths.

## Legs on the wall or a chair.

Lie on your back and put your legs up against the wall or a chair with your knees above your hips and your feet hip distance apart. Hold for ten long, deep breaths. By raising your legs above your heart, it promotes blood flow and reduces swelling in your legs.

