

QUICK Techniques to De-stress

Identifying Stress Related Imbalance

Do You Experience these Physical Symptoms of Stress?

Fatigue, High blood pressure, Arteriosclerosis, Weight gain/loss, Decreased coordination, Problems sleeping, Sexual problems, Diabetes, Headaches, Digestive problems, Recurring Ill- health, Sensitivity to foods/ environment

Do You feel these Emotional Symptoms of Stress?

Depression, Low Self Esteem, Anxiety, Irritability, Feeling Separation from self and others, Feeling stuck, Sad, Angry, Unworthy, Not Good Enough

Do these Mental Symptoms of Stress Stop You Thinking Clearly?

Mental tiredness, Hyper Or Poor focus and concentration, Become less organized, Find it difficult to retain or retrieve Memory, Read paragraphs over and over without remembering or understanding, Poor time awareness

Do You use these Methods to Cope with Stress?

Increased alcohol/ smoking/ caffeine/ sugar consumption, Work longer hours, Become more sedentary/ exercise into overdrive, Deny there is a problem, Decide you have no choice, Obsess or Shutdown

Then It's Time You Get Serious about De-stressing and Create Balance!

Make time to laugh, Play & have fun, Do one thing differently each day, Bring beauty into your life, Connect with Family and friends and Live longer, Spend time in Nature and stay healthy, Read more with variety, Eat fresh & sensibly, Exercise daily, Make time to sleep well, Listen to your body, Create balance – Prioritise Manage your time, Goal Get versus Goal Set, Make time for Self, Stop worrying: Do something; Get more information, *Stimulate the senses*: Wear fabric that feels good, Play the Music YOU love, Use colour to heal & uplift, Experiment with essential oils, Cook, Garden, Draw.

And At work:

Drink water regularly, *Remember to breathe deeply*, Set daily achievable goals, Take a lunch break, Stay job focused not personal, Avoid gossip, Keep important things private, Remember you are human, Have a break every hour: stretch your legs, “Switch on your brain” (find out How below), Set your own boundaries: don’t take work home with you, Notice the Positive, and get to “Know Thyself”

Quick De-stress & Switch on Your Brain

1. Water

Drink a mouthful of water – roll it around your mouth

Then take another mouthful as normal

2. Head Holding

Place your full palm across your forehead

Place your other hand across the “bump” across the back of the skull

3.and Breathing

Breathe deeply into your belly to the count of 4

Hold for a count of 2,

Exhale to the count of 4,

Hold for a count of 2

Repeat 9 times.

Assists

Creating Calm Focus Thinking clearly

Letting go of negative thoughts and worries

Being in Present Time: NOW

