

# Stress Relief Tips



## Take a deep breath

Deep breathing activates the parasympathetic nervous system, which promotes relaxation. When you are feeling overwhelmed, take deep inhales and slow exhales.



## Go for a walk outside

Walking boosts endorphins, reducing stress hormones. Walking in parks or green spaces allows us to feel “involuntary attention,” focusing on the space around us while also reflecting.



## Watch a funny or uplifting video

Laughter allows us to take in more oxygen-rich air, which stimulates our heart, lungs and muscles, and increases endorphins.



## Make time for your hobbies

Remember the importance of balance. Prioritize making time for the things you love so you can refill YOUR cup.



## Visualize a positive scene

Guided imagery can help us feel more relaxed. Make yourself comfortable and think of a peaceful landscape, or a calming image.



## Try yoga or meditation

Yoga helps improve strength, flexibility, and balance. A consistent bed time yoga routine can also help you fall and stay asleep.



## Plan out your day

Set time frames for completing tasks in a planner or a calendar to give better structure to your day. Try planning in breaks into these tasks as well.



## Practice self-kindness

When things get tough, remember to extend kindness to yourself, just like you would to a good friend. Breathe in positivity and exhale negativity.