

RAPID STRESS REDUCTION TECHNIQUES

- I. Breathing**
 - 1. Deep breath – in through nose, out through mouth**
 - 2. Diaphragmatic breath – stomach rises**
 - 3. Breath plus smile**
 - 4. Breathing in relaxation, breathing out stress**
- II. Movement**
 - 1. Shrug shoulders**
 - 2. Move feet up and down; make circles with feet; bend and straighten toes**
 - 3. Clench/release hands; rotate wrists**
- III. Gratitude**
 - 1. Develop a mindset of gratitude**
 - 2. Look for things to appreciate each day**
- IV. Humor**
 - 1. Find the humor in stressful situations**
 - 2. Be able to take a lighthearted perspective**
 - 3. Don't laugh at others, only at yourself**
- V. Wisdom sayings**
 - 1. A mantra that helps you step back, keep things in perspective**