

6 Ways to Feel Better:

We all have stressful days. Below are a few suggestions to help you relax, let go and feel better. These are not intended to be treatment for a serious problem but rather ways to release stress in a short amount of time!

1. Do box/square breathing. This exercise is aimed at slowing your heart rate and calming your nervous system.

- First place one hand on your chest and one on your stomach. During this practice, you want to push your breath into your abdomen. Your hand could be a guide to watching your stomach rise and fall.
- Exhale air out
- Inhale through your nose for a count of four
- Hold your breath for a count of four
- Exhale through your mouth for a count of four
- Hold four a count of four
- Repeat these steps 3-4 times

2. Use slow bi lateral tapping to soothe your nervous system. This is sometimes called Monkey tapping or the butterfly hug.

- Sit in a comfortable position
- Crisscross your arms across your chest so that each hand is touching the alternate shoulder
- Move your hands alternately so that you are tapping one shoulder then the other at slow and calm intervals.
- Take a few deep breathes as you do this
- Spend one minute on this activity

3. Check in with your body. Do you notice any particularly tense areas? Pay special attention to your shoulders, neck and jaw. We tend to tense those muscles most when feeling stressed. Take a few seconds and mindfully relax those areas. You may even want to gently rub those muscles if they are tired and achy.

4. Make a playlist of music that uplifts you and play it often. Studies show that upbeat music has a positive impact on one's mood!

5. Get up and get moving. Even if you just take a 20 minute walk this will help to boost good feeling chemicals throughout your body. Walk with a friend or listen to music.

6. Get out a piece of paper. Set a timer for 20 minutes. Make two columns on your paper. In one column write out what is bothering you. In the other column write one or two things you can do to make it better or make a change. Can't think of anything? Perhaps you need to just let it go! When the 20 minutes is up decide to keep the paper as a way to track what action items you have or crumple it up and LET IT GO!