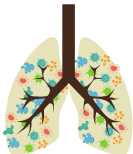
Stress Management Strategies

1 Breathing Waltz



Breath in for the count of 3
Hold your breath for the count of 3
Breath out for the count of 3
Hold your breath for the count of 3
Repeat for 6/7 rounds

2 Mindful Breathing

Focus on your breath
If your mind starts wandering, gently acknowledge those thoughts and return your attention to your breathing

3 Body Scan Meditation

This meditation can help you learn to identify what you are feeling and where you're feeling it.

It also helps you to release the stress in your body and mind.

4 Calming Visualisation

Picture yourself outside in a favourite place. Watch the clouds pass by in the sky. Assign your emotions, thoughts and sensations to the clouds and just watch them float by.

5 Stop & Listen

Notice and name what sounds you can hear nearby. Start with the closest or loudest sounds. Gradually move your awareness to sounds in the distance.

6 Grounding

5 things that I can see
4 things that I can hear
3 things that I can smell
2 things that I can touch
1 thing that I can taste

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7 Progressive Muscle Relaxation

This relaxation technique reduces stress and anxiety in your body by having you slowly tense and then relax each muscle.

8 Do something you enjoy

At stressful times, try to do something that normally gives you pleasure and joy. This will allow you to take the focus away from your stressful situation. It can help to have a list of things you enjoy readily available as a reminder at times of stress.

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CAZZIE COYLE

9 Mindfulness

Mindfulness is paying attention to the present moment with openness, curiosity and without judgement.

Mindfulness helps in many ways:

Reduces anxiety, stress and distress

Creates a sense of calm

Helps teach you how to relax and regulate emotions

Develop a sense of connectedness and empathy

10 Try these Apps

Smiling Mind

Headpace

Calm

Stop, Breathe and Think

Insight Timer