

# Techniques to Reduce Stress



**30 minutes of daily moderate exercise**



**Mindfulness and meditation**



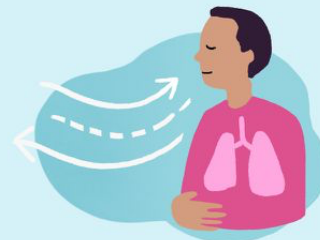
**Progressive muscle relaxation**



**Yoga**



**Visualization**



**Slow, deep breaths**

# 10 WEIRD TRICKS TO DE-STRESS

BY YUMI SAKUGAWA



## DRINK ORANGE JUICE

STUDIES HAVE SHOWN THAT VITAMIN C HELPS RELIEVE STRESS - AND BOOSTS YOUR IMMUNE SYSTEM, TOO.



## GIVE YOURSELF AN EAR MASSAGE

SPEND A FEW MINUTES RUBBING YOUR EAR LOBES WITH YOUR FINGERS. IF CATS AND DOGS LIKE IT, HUMANS SHOULD, TOO.



## HAVE TOYS ON YOUR DESK

GIVE YOURSELF A MENTAL BREAK WITH KIDS' TOYS THAT YOU CAN PLAY WITH USING YOUR HANDS



## LISTEN TO WHITE NOISE

IS IT POSSIBLE THAT YOU ARE STRESSED BECAUSE YOU KEEP GETTING DISTRACTED BY EXTERNAL STIMULI? BLOCK OUT DISTRACTIONS BY LISTENING TO WHITE NOISE, WHICH WILL ALSO HELP CALM YOUR MIND DOWN.



## CARRY AROUND A WORRY STONE

FIND A ROCK WITH A SMOOTH SURFACE THAT FITS EASILY IN THE PALM OF YOUR HAND. ANYTIME YOU FEEL STRESSED, RUB THE ROCK WITH YOUR FINGERS AND IMAGINE TRANSFERRING YOUR STRESSFUL ENERGY TO YOUR WORRY STONE.



## EAT VERRY SLOWLLLY

AS COUNTERINTUITIVE AS IT MAY SOUND, SLOWING DOWN WHEN YOU HAVE A LOT OF THINGS TO DO ACTUALLY HAS A CALMING EFFECT. SO THE NEXT TIME YOU ARE EATING, DO SO VERY SLOWLY. (IT'S ALSO BETTER FOR YOUR DIGESTION, TOO)



## DO SOME LAUGHTER YOGA

YOU DON'T NEED A REASON TO LAUGH - JUST START LAUGHING AND FEEL THE STRESS MELT AWAY.

"I HAVE TO FINISH THIS PRESENTATION"



"I GET TO FINISH THIS PRESENTATION!"

CHANGE YOUR INTERNAL MONOLOGUE FROM "I HAVE TO" TO "I GET TO"

NO MATTER HOW STRESSFUL IT MAY ALL SEEM, MAKE A MINOR ADJUSTMENT IN YOUR INNER DIALOGUE SO THAT YOUR TO-DO LISTS SEEM LIKE COOL OPPORTUNITIES.



## GO SOMEWHERE YOU'VE NEVER BEEN TO BEFORE

BEING IN THE SAME PLACE ALL THE TIME REINFORCES THE SAME THOUGHT PATTERNS - INCLUDING STRESS-CAUSING THOUGHTS. BREAK UP YOUR THINKING PATTERN BY HANGING OUT IN A NEW PLACE.



## DO A TEN-MINUTE CLEANING BREAK

CLUTTER CAUSES STRESS. SET A TIMER FOR 10-15 MINUTES AND CLEAN YOUR SURROUNDINGS AS MUCH AS POSSIBLE. YOUR SENSE OF ACCOMPLISHMENT WILL ALSO HELP DECREASE SOME OF YOUR STRESS!

# 50 Ways to Take a Break

Take a Bath 

Listen to Music 

Take a Nap 

Go to a body of water 

Watch the clouds 

Light a candle 

REST your legs up on a wall 

Let out a sigh 

Fly a Kite 

Watch the stars 

Write a Letter 

Learn something NEW 

Listen to a guided relaxation 

Read a Book 


sit in NATURE 

2x Move twice as slowly 

Take Deep Belly Breaths 

MEDITATE 

Call a Friend 

Meander around Town 

WRITE in a journal 

Notice your Body 

Buy some Flowers 

Find a relaxing scent 

Walk Outside 

Go for a run 

Take a bike ride 

Create your own coffee break 

View some ART 

Shhh! Eat a meal in SILENCE 

Turn off all electronics 

Go to a park 


pet a furry creature 

read or watch something FUNNY 

Examine an everyday object with Fresh Eyes 

Drive somewhere NEW 

Go to a Farmer's Market 

Forgive Someone 

COLOR with Crayons 

Make some MUSIC 

Climb a Tree 

Let go of something 

Engage in small acts of KINDNESS 

Do some gentle stretches 

Paint on a surface other than paper 

Write a quick poem 

Read poetry 

Put on some music and DANCE 

Give Thanks 

# THE BEST WAYS TO DESTRESS

Tried and tested methods of stress reduction which work for our event managers...

by Event Emporium

## 1 EXERCISE

Something we all rely on at Event Emporium is a boost of endorphins from a good training session.

Our trainer comes to a park near our office once a week during our lunch break. Chris has put together a great program which tests each of our capabilities and pushes us. Chris recommends teaming up with another person and locking in a specific time/date to motivate you.

Exercise works for a number of reasons, it releases stress, lowers anxiety and promotes focus. It also helps you to sleep better which brings us to the next point...



## 2 SLEEP

Even though events sometimes mean early mornings or late nights, you will have to get good at grabbing sleep at unusual times and sometimes in unusual places!

For this we recommend having a sleep routine before you go to sleep even on normal nights so it prepares your mind to wind down. Common pre-bed routines involve cleaning your teeth, a warm drink, yoga or relaxation exercises.



## 3 TAKING A MOMENT

In the midst of chaos it can be difficult to find perspective and see the wood from the trees. Sometimes it's appropriate to step out of the chaos and have a moment to breathe, a cup of tea or even just sitting in the sun. New solutions often arise from some time out!



## 4 DIVIDE WORK TIME AND PERSONAL TIME

Set time aside to relax at home, it's ok to do nothing so set some specific time aside to do it! Movies or naps or nothing at all, do it!



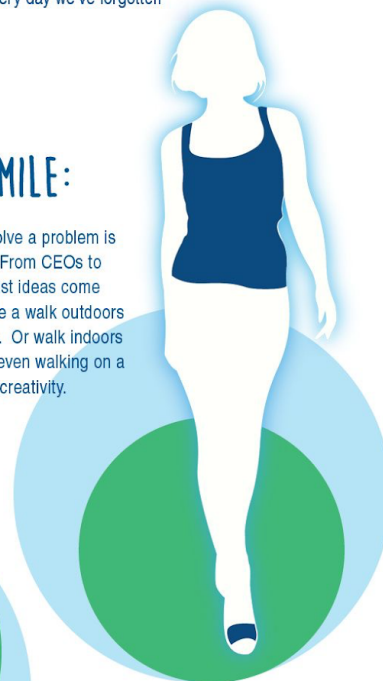
# THIS WEEK, REDUCE YOUR STRESS — BY TAKING A BREAK —

There's a growing body of research indicating that taking breaks can reduce your stress, boost your productivity, and improve your health. Most of us are working so hard every day we've forgotten how to take a break, so here are some suggestions.



## DO A MONDAY MILE:

Sometimes the best way to solve a problem is to step away from it for a bit. From CEOs to scientists, people say their best ideas come during mid-day walks. So take a walk outdoors and breathe in some fresh air. Or walk indoors - a Stanford study found that even walking on a treadmill can help boost your creativity.



## TRY A GUIDED MEDITATION:

If you don't work at a place that has a meditation room (who does?) you can always just slip on headphones and let a guided meditation take you to a calmer place. Try a 5 minute meditation for a quick refresher or a longer one for lunch.



## SMILE MORE:

Studies show that smiling can reduce your anxiety, lower your blood pressure, and trigger your brain's reward center (like eating chocolate.) Taking a break to smile tells your brain it feels good, and when your brain feels good it tells you to smile more. Then people see you smiling and smile back, which makes you smile even more. So smile and start a chain reaction of happiness.



## TAKE AN ART BREAK:

The NY Metropolitan Museum has a wonderful resource called 82nd & Fifth. It's five minute recordings by 100 different curators about works of art that they love. Taking a break to contemplate something artistic is a great way to de-stress. And shifting your attention, can often refresh and renew your attention.

## LISTEN TO SOOTHING MUSIC:

Studies have found that listening to music reduces stress and anxiety. Particularly slow, quiet classical music can have a deeply relaxing effect on the mind and body lowering blood pressure and decreasing the levels of stress hormones. So next time you're stressed, take a music break. Let music take you to a more peaceful place.



**DE STRESS  
MONDAY** *Happy New Week!*

# HOW TO RELAX FAST

by Anna Vital

scientific ways to destress within 5 minutes



binaural beats



listen to binaural beats through headphones (otherwise you can't hear it)

progressive relaxation



squeeze release repeat (used by actors)

nature observation



watch a plant or an animal, notice how relaxed they are

deep breathing



fill your chest and stomach full of air

mental image



visualize what you want to happen to you

body scan



think of every part of your body one by one

punch



let your stress out into a big soft object

journaling



tell a piece of paper how you really feel



# 5 WAYS TO DE-STRESS FOR LESS



**1. GET MOVING.** If the end of the holidays has you feeling down, do some crunches, hit the treadmill or go for an outdoor jog.



**2. TURN UP THE MUSIC.** Slow, classical music played at a low decibel level has a uniquely calming effect on our minds and bodies.

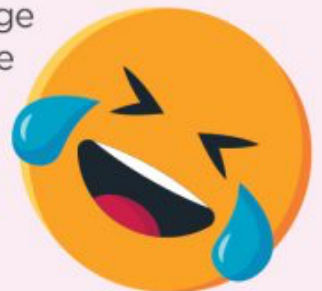
**3. SPEND TIME OUTDOORS.** There's nothing like fresh air to put the zing back in your step.



**4. PET YOUR POOCH.** Scientific evidence proves that stress levels in humans decrease when they pet a furry friend.



**5. LAUGH A LITTLE.** If you're feeling down, get yourself some laughs! Binge watch your favorite comedy shows or sitcoms until you've cheered up.



*Coca-Cola*  
CREDIT UNION

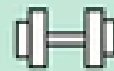


# HOW TO FEEL LESS

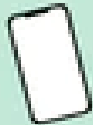
## STRESSED RIGHT NOW:



SIP HERBAL TEA



GET MOVING



PRACTICE DIGITAL  
DETOXING



BREATHE IN  
SOOTHING SCENTS



DIY AN AT-HOME  
FACIAL



TIDY UP



WRITE IN A  
JOURNAL



TRY A MEDITATION



EAT MOOD  
BOOSTING FOODS













GET PLENTY  
OF SLEEP



30+

# WAYS TO DE-STRESS

## IN LESS THAN 10 MINUTES

- LISTEN TO YOUR FAVORITE TUNES
- HEAD OUTSIDE
- STRETCH
- MEDITATE
- READ FOR PLEASURE 
- WALK, BIKE, SKATEBOARD AROUND THE BLOCK
- COUNT TO 10
- DANCE
- JOURNAL
- WRITE DOWN 10 THINGS YOU'RE GRATEFUL FOR 
- DOODLE OR DRAW
- TELL SOME JOKES 
- CALL A FRIEND
- CHEW A PIECE OF GUM
- FOCUS & NOTICE YOUR PRESENT SURROUNDINGS (GROUNDING)
- DISCONNECT FROM TECH 
- LOOK AT A HAPPY PHOTO
- SQUEEZE A STRESS BALL
- WATCH A FUNNY YOUTUBE VIDEO 
- PUNCH A PILLOW
- DEEP, SLOW BREATHING
- READ AN INSPIRATIONAL QUOTE 
- SPEND TIME WITH YOUR PETS 
- PRACTICE YOGA POSES
- DO 20 JUMPING JACKS
- DO SOMETHING NICE FOR SOMEONE
- SIT IN THE SUN 
- VISUALIZE A SAFE, COMFORTING PLACE 
- PICK SOME FLOWERS
- GIVE YOURSELF A NECK MASSAGE
- TAKE A SHOWER 
- KICK A SOCCER BALL

## 8 WAYS TO DE-STRESS

### MINDFULNESS

Mindfulness is simply *"awareness that arises from paying attention, on purpose, in the present moment and non-judgmentally"* – Jon Kabat Zin. If you're feeling stressed, take a moment to pause and notice what is around you. What do you feel? See? Smell? Hear? It doesn't have to be any more complicated than that.

### BODY SCAN

A body scan is a great way to practice mindfulness and relax your body from head to toe. Lay down in a comfortable position and send your attention to each part of your body, focusing on just one area at a time. Notice the physical sensations you feel in each body part. Do you feel tension? Pain? Numbness? Tingling? This allows you to be present and reconnect with your body.

### EXERCISE

There are so many ways to exercise from low, to moderate, to vigorous intensity. From gardening, to yoga, to weight-lifting, no matter what form you choose, all help to release stress, while also boosting feel-good hormones like endorphins. De-stress, feel better, support weight-loss, improve sleep and enhance cardiovascular health with exercise.

### GRATITUDE

Practicing gratitude has been shown to improve coping with daily stressors through a shift of perspective. Try gratitude journaling, writing a letter or sending a text to someone you appreciate, or setting aside time to mentally reflect on what went well in your day. By focusing on gratitude, you are focusing on the positives, which can lead to improved moods and decreased stress levels.

### IMAGERY

Imagining yourself in a relaxing or a preferred environment fires the same neurons that would be activated if you were actually there. Find relaxation on an empty tropical beach? Imagine yourself there. Find the most comfort in a room full of puppies? Imagine yourself there. The possibilities are endless!

### NATURE

Spending time outdoors or even just having views of nature has been proven to decrease stress. Add plants to your workspaces and if weather permits, schedule time to spend outside! As a bonus, sunshine has been shown to boost Vitamin D levels, which has been connected to improved mood and decreased depression and anxiety.

### CREATIVITY

Engaging in creative activity has been shown to reduce stress and improve mood. It can be as simple as coloring or listening to relaxing music, or something more challenging like painting a picture or playing an instrument. You can even make it active by turning up the music and dancing your stress away!

### BREATHE

Deep breathing is one of the easiest ways to elicit the relaxation response. While there are many different breathing patterns, slowing down the breath and sending it to the belly decreases heart rate and blood pressure, resulting in relaxation. Try the Coherent Breath: Inhale for 6 seconds and exhale for 6 for six seconds for a few minutes each day.