

Successful Strategies to Reduce Stress and Practice Self-care

1

PLAY

Dive into a game of solitaire, a puzzle, a crossword or wordsearch.

2

DECLUTTER

Distract your mind by having a cleanup. Find a place for all those things lying around and clear out what you don't need anymore.

3

LISTEN

Pop in your earbuds and take your mind elsewhere with some calming music or an inspiring podcast.

4

GET OUT

Go somewhere you haven't been for a while, like the beach or the mountains. Visit a gallery or museum.

5

CONNECT

Catch up with a friend or reach out to someone you with a card or a phone call.

6

GET ACTIVE

Exercise releases all sorts of chemicals that are good for our body. Go for a walk, join a class or workout at home.

7

WATCH

Whether it's a movie, that binge-worthy series, crazy animal clips or DIY tips, find something to take your mind off yourself for a while.

8

CREATE

Draw, colour in, knit, sew or build something. Perhaps it's time to look for a new hobby!

9

PAMPER YOURSELF

Put your own needs first and get a massage, a facial or manicure. If money is tight, light a scented candle or listen to a mindfulness app.

10

GET OUTDOORS

Make the most of this wonderful world we live in and head out into the garden, visit a park or look up at the stars.

THE 5-4-3-2-1 GROUNDING TECHNIQUE

5 Things you can see.

4 Things you can touch.

3 Things you can hear.

2 Things you can smell.

1 Things you can taste.

Breathing Activity Sheet - Star Breathing

Begin at the base of any point on the star. Breathing in, trace your finger to the point of the star. Breathing out, trace your finger back to the base of the next one. Continue all the way around the star.



Dawn Myers

LEADERSHIP COACH
HR. CONSULTANT
PUBLIC SPEAKER

619.439.3808
dawnmyershr@outlook.com
www.dawnmyersconsulting.com