

Reduce Stress

♥ Be willing to love and accept yourself exactly as you are.

♥ Meditate every day for 5 minutes.

♥ Belly Breathe. Diaphragmatic breathing communicates to your body that you are safe and activates the relaxation response.

♥ Learn about nutrition. See a nutritionist, integrative medical doctor or naturopath.

♥ Breathe in, say, I AM. Breathe out, say, CALM. Repeat 10 times.

♥ Drink less caffeine and more water.

♥ Open your mouth wide, inhale deeply, make an audible exhale and make an Aaaaah sound.

♥ Get enough sleep.

♥ Bring fun and play into your workplace.

♥ Learn about time management.

- ♥ Explore your perception of pressure and urgency.
- ♥ Identify and change stressful self talk.
- ♥ Reach out to friends. Get support when you need it.
- ♥ Journal. Write down what is worrying you.
- ♥ Spend time with people who make you laugh.
- ♥ Build your assertive communication skills.
- ♥ No more people pleasing behaviours.
- ♥ Say no, kindly but firmly. Dissolve the guilt habit.
- ♥ Exercise, dance, move your body, do yoga or Qigong.

If you would like to deal more effectively with the stressors impacting you and develop skills to create a more balanced and joyful life, contact anna@annarawlings.com

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Let Your Light Shine

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