

STRESS REDUCTION TECHNIQUES

Stress is measured on a continuum from 0 to 10. When stress levels are in the green (0 to 4), we are using our brain's frontal lobe and are able to solve problems. In the red (7 to 10), our brains no longer think rationally. The following stress reduction techniques can help you to relax and prevent your emotional brain from reacting in a way you might later regret.

STRESS LEVEL



SPEND SOME TIME OUTSIDE



DO PUSH UPS OR EXERCISE



WATCH A FUNNY VIDEO



CHAT WITH AN UPBEAT FRIEND



TAKE A WARM SHOWER



LISTEN TO INSPIRING MUSIC



JUMP ON THE BED



GO ON A BIKE RIDE



GO FOR A WALK



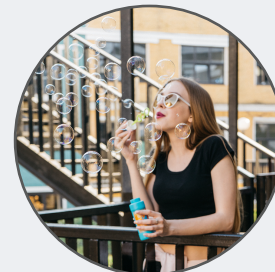
MEDITATE OR PRAY



DOODLE



GET A GOOD NIGHT'S SLEEP



BLOW BUBBLES