

De-Stress Menu

When you are feeling stressed out pick one or several of these items to integrate. Allowing yourself to reset, coming back into your natural state of optimum balance and wellbeing.

- Shake it out (yes shake your body)
- Meditate
- Practice Yoga
- Use relaxation techniques (or biofeedback)
- Breath deep or practice breathing exercises
- Move your body or dance
- Take a walk
- Take a shower (or bath)
- Smile
- Get/Give a hug
- Recite a mantra
- Call a friend
- Make love
- Write a note to someone
- Exercise
- Laugh
- Journal
- Drink a cup of tea
- Listen to music
- Sing
- Read
- Play with a pet
- Use aromatherapy (lavender is a popular choice)
- Pot or plant a plant
- Practice progressive muscle relaxation
- Sleep
- Pray