

# The Sweet Spot Guide to Stress Relief

## 15 *Yoga poses for* Stress Relief



Easy poses



Seated twist



Cow face



Cobbler pose



One legged downward facing dog



Triangle forward



Warrior II poses



Shoulderstand



Seated forward bend



Extended puppy



Downward facing dog



Leg up



High lunge



Forward fold



Bridge poses

Feeling Stressed?  
Practice one of these

Yoga



Self Care



Meditation

## 10 Easy Steps to Calm

- 1) Find a comfortable and quiet place in your house or outside
- 2) Close your eyes and focus on your breathing
- 3) As you inhale, exhale, slowly, visualize yourself at the moment
- 4) Bring into your awareness the feelings you're experiencing
- 5) As you inhale and exhale, think about your grateful heart
- 6) As you inhale, say the words "I love myself, I love myself, I love myself"
- 7) As you exhale, release any tension or anxiety you're experiencing
- 8) Visualize yourself feeling grateful, thankful, calm, and loving
- 9) As you bring yourself back to the moment, take a few more breaths
- 10) Open your eyes and slowing, gently wiggle your hands and feet

Notice how you're feeling after this practice

### Practice Self Care

- 1) Choose an activity that nourishes your soul. - Yoga, Meditation, Hiking
- 2) Use a mediation app to get calm and centered
- 3) Take a bubble bath
- 4) Draw or create artwork (if you find drawing to be calming)
- 5) Give yourself a foot massage

