

Short on Time?
Try these
QUICK STRESS BUSTERS

If you have 1-MINUTE:

Deep Breathing !23

1. Place your hand just below your navel so you can feel the gentle rise and fall of your stomach as you breathe.
2. Breathe in SLOWLY.
3. PAUSE for a count of THREE. 1.....2.....3
4. Breathe out.
5. PAUSE for a count of THREE. 1 23
6. Continue to breathe deeply for ONE MINUTE, pausing for a count of 3 after each inhalation and each exhalation.



Deep Breathing “AT PEACE”:

1. Sit comfortably.
2. Take a few SLOW, deep breaths.
3. As you breathe IN, quietly repeat to yourself “I am”.
4. As you breathe OUT, say to yourself, “at peace.”
5. Repeat S – L -- O -- W-- L --Y 2 or 3 times.
6. Feel your body RELAX into the chair.

If you have 2-MINUTES:

1. Count down S..L..O..W..L..Y from 10 to zero. 10...9...8...7...6...5...4...3...2...1...0
2. Breathe in deeply, saying “10” to yourself. Breathe out S..L..O..W..L..Y.
3. Breathe in deeply, saying “9” to yourself. Breathe out S..L..O..W..L..Y.
4. Continue inhaling deeply and exhaling slowly as you count down to zero.
5. (If you feel light-headed, count down more slowly to space your breaths further apart.)
6. As you reach zero, you should feel more relaxed. If not, go through the exercise again.

If you have 3- MINUTES:

1. While sitting down, take a break from whatever you're doing and check your body for tension.
2. *RELAX* your FACIAL MUSCLES. Allow your JAW to fall open slightly.
3. Let your SHOULDERS drop.
4. Let your ARMS fall to your sides and dangle loosely.
5. Allow your HANDS to loosen so that are spaces between your fingers. Let them dangle loosely.
6. Uncross your LEGS or ANKLES.
7. Feel your THIGHS sink into your chair.
8. Let your LEGS fall comfortably apart.



9. Feel your SHINS and CALVES become heavier and your FEET grow roots into the floor.
10. Breathe IN S..L..O..W..L..Y and Breathe OUT S..L..O..W..L..Y. Each time you breathe out, try to relax even more.

If you have 5- MINUTES: (SELF-MASSAGE)

1. Make a loose fist or cup your palms.
2. Swiftly knead the muscles up and down the sides and back of your NECK.



3. Next, use your thumbs to work tiny circles around the BASE of your SKULL.
4. S..L..O..W..L..Y massage the rest of your SCALP with your fingertips.
5. Then, tap your fingers against your scalp, moving from the front to the back, and then over the sides.
6. Now use your thumbs or fingertips to make a series of tiny circles around your FACE.
7. Pay particular attention to the TEMPLES, FOREHEAD, and JAW muscles.
8. Use your middle fingers to massage the BRIDGE of your NOSE.
9. Work outward over your EYEBROWS to your TEMPLES.
10. Finally, close your eyes. Cup your hands oosely over your face and inhale and exhale easily for a short while.

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