Kokko Wellness

Stress Relief Ideas

When you only have 1 minute

- **Slow down**. Take a breath. Exhale slowly out of your mouth.
- **Micro-meditate**: see video at OneMomentMeditation.com
- **Step outside**. Soak up the nature with your senses: the flowers, the birds; imagine the sun filling your body with gentle energy
- **Laugh** out loud. If you can't think of something funny, just fake it. Pretty soon you'll be laughing for real.
- Use **memories**: Think back to what you did as a child to calm down. Think of a comforting object. What made you feel safe and happy?
- **Check in** with yourself. How is your body feeling right now? How is your mind feeling?
- **Visualize** yourself feeling fulfilled, successful, relaxed, happy, etc.
- **Remember your purpose**.

Find pleasure in your senses:

- rub your **hands** together to generate heat; place them on your eyes or on your heart.
- **essential oils** • light scented candle or **incense** • **stretch** or roll your head in circles
- mindfully indulge in a small piece of **dark chocolate** or healthy snack • people-**watch**
- listen to **music** or nature sounds • **jump** up and down • **sing** a song • hot herbal **tea**
- look at something that makes you happy: **photos, children, cute animals** • pet an animal
- **massage** yourself • **hold** a comforting object • **remove** restrictive clothing • **squeeze** a racquet ball

When you have 10 minutes

- Really ***taste*** **your snack**. Eat mindfully. Put the spoon down while you're chewing.
- 10 minutes of: ~ **Meditation** ~ **Qi gong** ~ **Tai chi** ~ **Yoga** ~ **Stretch** ~ **Walk** around the block
- Set a timer for 10 minutes and **organize** your work environment
- Grab a co-worker and have a mini **dance** party.

When you have an hour or more

- **Treat yourself** to a massage, acupuncture, hot tub, natural springs, facial
- **Have sex**. We're not kidding! • **Write** in your journal.
- Invest in your **work environment**: buy a small fountain, hang wind chimes; add plants; declutter.
- **Create** something with your hands. • **Learn** a new skill or craft that's fun for you.
- Install a **break reminder** on your computer. Go to cnet.com and search for "break reminder".
- Watch a **comedy** or go to a comedy club.

- Take your dog to the **dog park** and revel in their joy.
- Carve out **quality time with your children**. You'll be surprised at how much your relationship improves.
- **Meditate** with others. • **Learn** Qi Gong, Tai Qi, Yoga.

General advice from the doctor

Be grateful. Create a Gratitude Altar.

Appreciate the good things in your life.

Listen to your own voice.

Stand up for yourself.

Empower yourself to be what you want.

Create a space and time that's only for you in your life.

Make it a priority to spend time with the people you love.

Celebrate every success, big and small.

Unplug: Take a break from technology. That includes the TV and your smart phone.

Sleep: Get at least 7.5 hours a day of quality uninterrupted sleep.

Learn to detect when you are stressed.

- Observe your muscles and insides. Are your muscles tight/sore? Is your stomach tight or sore? Are your shoulders / hands clenched?
- Observe your breath. Is your breath shallow? Place one hand on your belly, the other on your chest. Watch your hands rise and fall with each breath. Notice when you breathe fully or when you "forget" to breathe.
- How do you react to stress? Do you become angry and agitated, space out or withdraw, or freeze up?
- How do you escape from being with your true self? Do you work harder and forget to take a break?

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