

## MY STRATEGIES FOR TO MANAGE AND REDUCE STRESS

### I Connect with Nature

1. I start a vege or herb garden
2. I walk in nature
3. I buy some indoor plants for work or home
4. I sit in a garden or park
5. I spend time gardening or join a community garden
6. I visit or spend some time away in nature

### I Ground Myself

1. I feel my feet connected to the Earth
2. I notice & connect to my body
3. I go for a mindful walk, aware of the steps I take & all that surrounds me
4. I listen to a Grounding Meditation

### I Connect with my Breath

1. I take deep breaths in & out
2. I practice Mindful Breathing (I am breathing in, I am breathing out)
3. I Breathe in calm, I Breathe out calm, I Breathe in peace, I Breathe out my worries
4. I re-balance with Alternate Nostril Breathing

### I Release my Stress with Sound

1. I sigh the breath out
2. I make the sound that needs to be released from my body
3. I do some chanting, singing or other sound expression that helps me re-balance or release my stress

### I Move my Body

1. I stretch or do some yoga
2. I do some exercise such as walking, running, swimming, Pilates or weights
3. I join an exercise class or hire a personal trainer to help me move my body well
4. I walk with my dog/dogs

### I take time to be Still

1. I sit/lie in stillness and listen to what it is that I need
2. I close my eyes & simply be in this moment
3. I listen to a guided meditation or meditate in silence
4. I rest when I need to
5. I book a massage or other treatment that helps me be still and relax

### I take time to do things I enjoy

1. I spend quality time with a partner, child, animal or friend
2. I take time to do or find activities/hobbies that bring me joy & allow me to be creative
3. I seek out things that make me smile & laugh & help me take a break from the seriousness of life

### I make a difference

1. I change the way I communicate
2. I focus on what I can control
3. I am aware when my 'worry thoughts' are unproductive & change them to something that serves me & others well
4. I ask for help when I need it
5. I let people know how I feel & what is worrying me

### I am Kind to Myself

1. I acknowledge what I have & am doing well
2. I take time to look after myself, making sure I am eating & sleeping well & nurturing my body, mind & spirit
3. I love myself for who I am & treat myself with the love & respect I deserve

### I Reach out for Support

1. I debrief with a colleague
2. I speak to a friend or family member
3. I reach out for professional support such as a Doctor, Counsellor, Psychologist, Financial Planner or other professional who can help
4. I call or text a crisis support line