

McMinn Clinic- Stress Management Toolbox

Pick the tools that you want to use in your own personalized stress plan

1. **Get a good night's sleep**

2. **Exercise**

3. **Cut out the stress eating (sugar, caffeine, junk food)**

4. **Actively look for ways to bring joy laughter and love into your life**

5. **Relaxation Response (Active)**

Mindfulness

Meditation*

Biofeedback/ neurofeedback

Yoga

Breath-work,

Qi-gong

Tai chi

Progressive relaxation

Prayer

Self-Pleasure

-Relaxation Response (passive)

Massage

Bodywork

Acupuncture

Acupressure

Healing touch

Cranio Sacral Therapy

-Emotional Freedom Technique (EFT)

-Focus on forgiveness and gratitude

-Relaxing music

-Intimacy

-See a counselor

-Behavioral therapy

-Anger management therapy

-Guided imagery

-Hypnosis

-Non-competitive sports

-Journaling- esp. gratitude journaling

-Affirmations

-Laughter

-Watch the comedy not the thriller or the downer.

-Turn off the news! Don't invite world stress

-Read a good book

-Associate with positive people

-Dump the energy robbing people

-Napping

-Get a relaxing hobby

-Take a hot bath- consider Epsom salt

-Water therapy: looking at a river, lake or ocean. Listening to the waves. Swimming, etc.

-Listening to bird sounds

-Singing

-Dancing

-Play

-Sauna

-Get outside- time in nature and sunshine

-Get control of your finances.

-Get control of your relationships.

-Set limits- learn to say "NO."

-Herbal therapy

St John's Wart

Chamomile

Siberian ginseng

Rhodiola

Ginkgo biloba

Ashwaganda

Passionflower

-Bach flower therapy (rescue remedy).

-Time management

-Homeopathy

-Hydrotherapy

-Hormone balancing- oral progesterone tends to be calming for most women.

-Get a dog (or a cat)

-Gardening

-Support group

-Neurotransmitter adjustment

-Make time for rest and relaxation.

-Take a vacation.

-Resolve disputes / forgiveness

-Stop "Awfulizing" everything

-Focus on your core beliefs

-Self help books and tapes may help.

-Supplements (B vits, mag, selenium, etc.)

-Cranial electrical stimulation

-Listen to a stress podcast or a comedy

-Medications may help.

-Spending time with family and loved ones.

-DNRS with Annie Hopper

-Gupta Program.

-Another similar but less intense program is the Thriving Spoonies Pathway emilyfraser.ca

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