## Chill out

We tend to quickly dismiss how stressed or anxious we may be feeling; we do things to try and avoid it, or brush it aside. Although trying to avoid uncomfortable emotions may work in the short term, it doesn't work long term—and in fact avoiding our emotions can often create more suffering for us.

Often when we get to the point of realizing that we are feeling stressed, overwhelmed, or anxious, we struggle to remember what tools and techniques to use that will help us.

Below is a list of different relaxation tools and techniques that may be helpful, and room to add some of your own. Check off the ones that work for you (prioritizing them is great too),

Deep breathing exercise—visualizing the waves of the ocean crashing on the beach when I breathe in, and sliding back into the ocean when I breathe out.
Move my body—stretching, go for a walk, exercise, yoga,
Journal—wríte out all my stresses, emotíons, worríes, frustratíons. Or gratítude journal—thínk of 3 thíngs I am grateful for.
Coping distraction—T.V., Netflix, hobby (painting, gardening, knitting, etc)