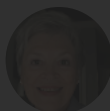




PDF stress

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Charlotte Ranz <zna2212@g...>

to me

One attachment • Scanned

2-MINUTE STRESS RELIEVERS

Mind/Body Techniques Help You Find Your Calm

PDF 2-minute-stres...

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5-4-3-2-1
GROUNDING

SOUNDS OF

2-MINUTE STRESS RELIEVERS

Mind/Body Techniques Help You Find Your Calm

Stressed? Thoughts can really carry us into some far off places, often leading to stress, worry, sadness, and inability to focus. These mind/body practices are proven strategies you can use to help direct your attention away from your thoughts and to the present moment. Each technique is designed to tap into the relaxation response of your body's nervous system. The relaxation response calms the mind, body and thoughts.

Really, only 2 minutes? Yes! All of these techniques can really be done in 2 minutes or less, busting the myth that you don't have time to care for your stress. Even better, many of these techniques can be done while you are at class, work, studying, hanging out with friends or alone. Notice how your mind and body respond to each technique and know that you can repeat or move onto another technique at any time.

Directs your attention to SENSATIONS IN THE BODY

Directs your attention to EXTERNAL AWARENESS

Identify **5** things you **SEE** - no matter how big or small

Identify **4** things you can **TOUCH** - what can you physically feel, whatever it may be

Identify **3** things you can **HEAR** - audible external or body sounds, not internal thoughts/dialogue

Identify **2** things you can **SMELL** - if no immediate smells, walk to find a scent, smell your hair, anything Identify **1** thing you can **TASTE** - notice the taste inside your mouth

Directs your attention to the SOUNDS OF NATURE

Sit outside or inside, where you won't be interrupted. If you're inside, find nature sounds on Spotify or YouTube. When you're ready, close your eyes. Become aware of what you hear. Notice when a sound begins. Notice subtle and more pronounced sounds. While you're hearing, know that you're hearing. What does it feel like to hear? Can I enjoy and appreciate the simplicity of being able to hear?

