

Ways to relax, destress, calm overthinking and anxiety

1. Walking in nature
2. Journaling and gratitude journaling
3. Meditating (in my case I have the bible verses)
4. Breathwork – 4-7-8 or 6-6 breath
5. Epsom salts bath
6. Sleep – refine routine and circadian rhythm
7. Calmigo - <https://calmigo.com/>
8. Sensate - <https://www.getsensate.com/>
9. Mindful colouring
10. Crafting
11. Knitting, crochet etc.
12. EFT or tapping – Brad Yates on youTube
13. Barefoot grounding
14. Weighted blanket
15. Essential oils – frankincense, lavender
16. 5 senses breathwork - <https://m.youtube.com/watch?v=AngX0mPRrKM>
17. ASMR (Autonomous sensory meridian response)
18. Massage
19. Gentle, calming music
20. Bach Flower Remedies
21. Binaural beats – Delta for sleep, Theta for meditation, Alpha for stress reduction and relaxed focus
22. Worship music ,soaking
23. Classic music listening

24. Hiking,

25. Walking in nature

26. Sign up for parkrun in your community