

QUICK SHIFTS

Plugging them into your day

1. BREATHE

- Become aware of your individual physical and emotional symptoms of feeling stress
- Create reminders
- Anchor them to things you are already doing
- Include 5 minutes of deep breathing / meditation each day
- Schedule breathing breaks
- Sit in your car and take 10 deep breaths before going in the house
- Try a meditation app like Insight Timer, Ten Percent Happier, Calm, Headspace

2. MOVE

- Shake it out!
- Tense your muscles and then relax, one area at a time
- Take a walk
- Climb a couple flights of stairs
- Stretch
- Do some jumping jacks
- Check out desk yoga
- Have an office or home dance party!

3. GET PRESENT IN YOUR BODY

- Rub thumb and forefinger or middle finger together, paying attention to the ridges on your fingertips
- Rub fingers against the palms of the opposite hand back and forth, focusing on the sensation of the skin on your palms and fingertips
- Move palms up and down across your lap, focusing on sensation
- Tune into all 5 senses, one at a time
- Focus on one object and notice intricate details
- Deep, focused breathing