



Heart Centered

PROGRAMS

50 'Proven' Stress Relief Strategies, Tools, Tips & Hacks

A. In the Moment De-Stressors

- Deep Breathing
- Stretching
- Progressive Muscle Tense & Relax
- Dancing
- Mindful Moment
- Talk to Someone
- Focus on 5 Senses
- Stress Ball
- Worry Stone
- Ask for Support
- Sip of Water
- Fresh Air
- Change of View
- Laugh or Smile
- Hug a Tree
- Lie in the Grass
- Watch a Ladybug
- Listen to the Birds Singing





B. Calming Activities

- Repeat a Soothing Mantra while Deep Breathing
- Swimming Laps
- Riding a Bike
- Taking a Walk
- Yoga
- Listening to or Playing Music
- Coloring and Doodling Books
- Knitting, Crocheting, & Needlepoint
- Petting your Pet
- Visiting a Dog Park
- Woodworking
- Creative Art Projects
- Gardening

C. Pro-Active Lifestyle Strategies

- Eat Well-Balanced Diet
- Exercise and/or Move Daily
- Maintain Good Bedtime Routine
- Get full night's Sleep
- Journal
- Stay Hydrated
- Replace Unhealthy Coping Habits
- Volunteer and Give to Others
- Engage in Fun Activities
- Learn New Things
- Express Gratitude & Appreciation
- De-Clutter
- Prioritize what's Important
- Align your Time to your Core Values
- Find Silver Linings in Challenges
- Let Go of Resentments
- Practice Self-Forgiveness
- Savor & Share Good Experiences
- Relish Downtime



Are you Ready to 'Relieve Stress'?

Enroll in Online Course: <https://bit.ly/2RtzKm4>

Learn more about Heart-Centered Programs:

Complimentary Guided Meditation: <https://slkt.io/86wZ>

Courses: <https://bit.ly/2LJJ6XP>

Executive Coaching: <https://heartcenteredprograms.com/stress-management>

Stress Relief Tips List: <https://slkt.io/86wZ>

Stress Management Community:

<https://www.facebook.com/groups/1196358264028462>

30-Day Challenges: <http://bit.ly/2XuMGrS>

Newsletter & Announcements: <http://bit.ly/2NjLIwt>

About the Author



Dr. Ellen Contente is a Stress Relief Expert and is licensed and Certified in the following:

- Stress Mastery (SMO)
- Mindfulness & Meditation
- Positive Mindset and Gratitude
- Healthy Habits and Fitness
- Humor for Stress Relief
- HeartMath Clinical Certification

Ellen has her Doctorate and Masters in Spiritual Psychology and a B.S. in Management and is frequently hired as a Management Consultant to resolve stress and conflict in the workplace. She is the Amazon best-selling author of 'M&M's; Motivational Musings to live an Inspired Life, co-author in 'Rock Your Life', and licensed Stress Mastery Coach.



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