

STRESS RELIEF & DEFENSE ROUTINE

Date _____



BREATHE DEEPLY

I. SIT OR LIE DOWN

Sit or lie down with your back straight. Place one hand on your belly & one on your chest.

II. INHALE THROUGH YOUR NOSE DEEPLY

Follow the sensations of inhaling with your awareness. Feel the hand on your stomach rise as you fill your "belly" with air first, then slowly start to feel your other hand rise as your middle chest, upper chest & neck fill fully with air.

III. EXHALE SLOWLY AND STEADILY

Purse your lips when exhaling like you're slowly blowing out the candles on a cake. Follow the sensations of breathing out with your awareness until your stomach sucks in slightly and all air leaves your lungs.

TYPE OF BREATHING _____

TIME BREATHING _____

BE MINDFUL



I. BREATHE

Breathe slowly and deeply in through your nose and out through your mouth or nose (preferably using 3 stage breathing outlined above).

II. FOCUS

Focus your full attention on your breath or another sensory experience (like drinking a cup of coffee). Close your eyes and feel the most subtle sensations in the present moment.

III. OBSERVE & REFOCUS

When a thought or sensation catches your attention, impartially observe it exactly how it is without judging it as good or bad and say to yourself, "I am aware of" then bring your attention back to your breathing or other chosen sensory experience (like drinking a coffee or smelling a flower) without scolding yourself.

TYPE OF MINDFULNESS _____

TIME BEING MINDFUL _____

GET NAKED

BOOST YOUR IMMUNE SYSTEM AS WELL AS HAPPINESS AND FORCE YOUR BODY AWAKE WITH A LITTLE BIT OF COLD WATER AFTER YOUR HOT SHOWER, A FULL COLD SHOWER, OR EVEN AN ICE BATH. RECORD THE TYPE OF COLD EXPOSURE YOU USED AND THE LENGTH OF TIME YOU SPENT EXPOSED TO THE COLD.

TYPE OF COLD _____

TIME OF COLD _____



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FIND YOUR LEVEL

SIT OR STAND UP WITH YOUR BACK STRAIGHT, SHOULDERS BACK, AND CHIN UP. TAKE A DEEP BREATH AND OBSERVE YOURSELF. HOW STRESSED ARE YOU ON A SCALE FROM 1-10? ACCEPT YOUR LEVEL.



REFRAME THOUGHTS

WHAT THOUGHTS ARE RUNNING THROUGH YOUR MIND? BE ON THE LOOKOUT FOR ANY UNREASONABLE EXPECTATIONS, NEGATIVE PREDICTIONS, OR ABSOLUTES LIKE NEVER OR ALWAYS.

HOW CAN YOU UPDATE YOUR THOUGHT AFTER STEPPING BACK FROM IT & TAKING A BIRD'S EYE VIEW TO MAKE IT MORE LOGICAL, NUANCED, COMPASSIONATE, & HELPFUL?



TAKE ACTION

YOU HAVE AT LEAST SOME POWER IN THIS SITUATION. WHAT WOULD BE THE SIMPLEST & EASIEST WAY TO CHANGE THE OUTCOME POSITIVELY? WHAT ADVICE WOULD YOU GIVE A FRIEND? WRITE OUT THE EXACT STEPS YOU WILL TAKE TO CREATE A MORE POSITIVE OUTCOME.



GIVE GRATITUDE

WHO OR WHAT ARE YOU THANKFUL FOR? LIST 1-10 THINGS OR WRITE A GRATITUDE LETTER TO SOMEONE WHO DESERVES IT.



CONNECT

DO AN ENJOYABLE ACTIVITY WITH SOMEONE OR SIMPLY TALK. JOT DOWN A FEW NOTES ABOUT THE INTERACTION IN THE SPACE BELOW. IF YOU CAN'T CONNECT NOW THEN PLAN A FUN ACTIVITY WITH SOMEONE INCLUDING A CONCRETE DATE AND TIME.

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MOVE NATURALLY

CHOOSE 1-5 NATURAL MOVEMENT PATTERNS TO INTEGRATE INTO YOUR LIFE. WALK YOUR DOG IN NATURE, PLAY A SPORT WITH A FRIEND, DANCE, HIKE, PLAY AN ACTIVE VIDEOGAME, PLAY WITH YOUR CHILDREN OR ANIMALS, WORK WHILE STANDING UP OR MOVING, PLANT A GARDEN, OR START AN ACTIVE HOBBY. FOR ADDED STRESS RELIEF FOCUS ON MOVEMENT IN NATURE, MOVEMENT YOU ENJOY, AND MOVEMENT WITH OTHERS. PERFORM & CHECK OFF AT LEAST ONE MOVEMENT PATTERN DAILY.


