

30 SECOND STRESS CONTROL
“ALL STRESSED UP . . . & MILLION PLACES TO GO”
Handout #2

Follow this 30 Second Routine To Relieve Stress Before It Builds Up

30 SECOND STRESS CONTROL

Spell the word **S T R E S S** out in your mind. Give each letter an action.

S – Stop (Take a second to realize that you have been developing tension.)

T – Take a big, deep breath, fill your lungs.

R – Release that breath, blow it all the way out.

E – Enjoy – take a second to think of something enjoyable – a cool green meadow, ocean waves, etc.

S – Stretch, if you can't reach up and get a good stretch, then pull your shoulders back and correct your posture. The feeling is the same.

S – Smile, the best stress buster of all – creates alpha waves – feeling of well being and it's contagious!!

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