

3 STEPS TO REDUCE STRESS

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STEP 1: FIND YOUR STRESS SIGNALS

Our brains send signals to our bodies when we are under stress or pressure. Any of the symptoms listed below can be a stress signal. Circle the ones you experience.

Muscle tension

Headaches

Shaking or tremor

Dizziness

Heart pounding or racing

Problems with memory

Trouble concentrating

Chest pain

Shortness of breath

Nausea or indigestion

Feeling tired

Low motivation

Feeling down or depressed

Blurry vision

Feeling nervous or on edge

Worry or racing thoughts

It is really hard for our brains to problem solve and think when we are under stress, which can make the stress worse.

The good news is we can train our body and our minds to reverse our brain's stress signals.

STEP 2: TRAIN YOUR BODY

By changing how our body moves we can signal the brain to counter this stress response. These 3 activities will change your body's response to stress, which will send a signal back to your brain to relax.

1. Take five deep breaths. Breath in through your nose while you count to five, then breath out like you are blowing out a candle while you count to five.
2. Go for a 15-20 minute brisk walk. It needs to be at a fast enough pace that you could have a conversation but it would be challenging.
3. Stand in the superman pose for at least 30 seconds. Put your hands in fists on your hips. Feet wide. Chest forward. Chin up.

STEP 3: TRAIN YOUR MIND

Now that your brain and your body are relaxed, answer these questions:

1. Is there something I can do about the situation and reduce my stress? If there is, do it. Fix the problem if you can.
2. What would I tell my best friend if she/he was in this situation?
3. Looking back 5 years from now, will I feel as stressed about this situation?

Our brains are often quick to jump to the worst case scenario. These questions can challenge this negative thinking and reduce stress.