



Select two or more stress reducing techniques under each category and practice them regularly for a Blissful Life!

#### Physical Buffers

- Massage and other bodywork such as: chiropractic, rolfing, and physical therapy
- Stretching exercises done slowly and deeply
- Body movement classes: Yoga, Tai Chi, Aikido, and dance classes
- Releasing techniques: shaking out, flopping, dropping, letting go movements
- Dancing freely to your favorite music
- Aerobic exercise: jogging, swimming, biking, skating, or any exercise you enjoy
- A warm bath with soft music and candlelight
- Water therapies: Jacuzzi, sauna, or a foot bath
- Neck rolls and shoulder rolls throughout the day
- Lie down for 15 minutes with your feet elevated, rest and take time out
- Learn to recognize neuromuscular tension in a body part and deliberately tighten and release, letting tension go
- Listen to a relaxation or meditation c.d. for 15 minutes

#### Mental Buffers

- Practice positive self-talk, pretend like you are talking to the person or creature you love the most (the more you love yourself the more you can love them!)
- Visualization techniques where you imagine you are relaxing in your favorite safe place or floating peacefully on a cloud
- Prayer
- Meditation
- Read uplifting or spiritual literature
- Get out in nature: visit the ocean, mountains, walk in the woods, sit by a waterfall or stream, or garden
- Surround yourself with peaceful images: hang pictures, cards, and posters that remind you to relax
- Problem solve: write down problems and the advantages and disadvantages of various solutions
- Think before you act: take 10 slow breaths and consider consequences before acting out of anger

#### Behavior and Activity Buffers

- Play! Do something just for the fun of it. All work and no play leads to high stress levels
- Create. Find an art or craft that you enjoy and dive into it. Turn off the TV and make something
- Get away: take a mini-vacation, go for a drive, a walk, or a bicycle ride
- Talk with a supportive friend or counselor: ask for help and don't isolate
- Avoid negative people, surround yourself with positive people
- Express your needs and feelings assertively
- Indulge your senses: learn to savor food, enjoy music, and visual beauty
- Focus on eating a lot of fruits and vegetables and minimize or eliminate: caffeine, nicotine, and sugar
- Make a weekly schedule for yourself that includes self-care
- Keep a journal: you can write your hopes, dreams, thoughts, feelings, hopes, and more

