STRESS IS A MESS:

# Breathe to Relieve

STRESS IS THE WORST -- HERE'S WHAT TO DO ABOUT IT.

## TAP

*While thinking about your stress, repeatedly 2-finger tap (as if drumming) side of hand, inner eyebrow, side of eye, under eye, under nose, chin, under collarbone, under arm, & top of head.*

## BE CREATIVE

*Express yourself through any form of art!*

## LAUGH

*Try loosening up: what do you call an owl that does magic tricks? HOOdini!*

## BODY SCAN

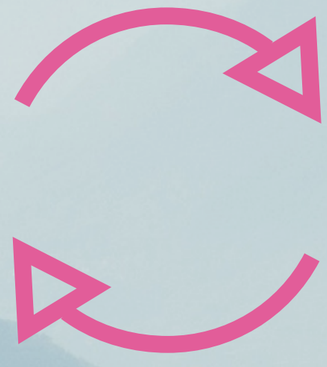
*Mentally trace your way through your body, from head to toe, noticing any feelings or sensations.*

## VISUALIZE

*Imagine a peaceful place using all 5 senses.*

## DETACHMENT

*Notice your thoughts; remember, thoughts are something we have, not something we are.*



## BREATHE

*Focus on your breath; if your mind wanders, bring it back to your breathing!*

## WRITING

*Write down all your thoughts and feelings--don't hold back (you can shred afterwards)!*

www.breathetorelieve.weebly.com