



Stress Busters

What is it

- Shorter exercises allow you to relax and/or release tension quickly in a variety of different settings (e.g. at lunch break, at a meeting, while waiting in line at a store, at a red light etc.)
- You can use these short exercises to calm yourself before, during or after stressful situations, and maybe even prevent a stress response.
- Find the examples that suit you best.

How to do it

- Take a few deep belly breaths.
- Sigh.
- Laugh.
- Yawn, unclench or move your jaw.
- Shrug your shoulders several times.
- Relax your shoulders.
- Gently massage your temples.
- Raise your eyebrows and hold them up until the count of 3; release and repeat several times.
- To relieve eye strain, rub your palms briskly together, cup hands and place them over open or closed eyes.
- With open or closed lids, rotate your eyes in circles slowly, top, right side, bottom, left side; relax and reverse. Repeat 3 times.
- Neck roll: Always move your neck very gently and slowly. Let your chin drop down to the center of your chest. Keeping your chin close to your body, slowly move your head to look over your left shoulder. Slowly return to center and repeat on the right side.
- Stretch.
- Use prayer or positive affirmations.