

Take 5 and Melt Away Stress

Do you get an energy slump in the middle of the day?

Do you feel like you are constantly running out of steam with little to give?

3 Shifts to help you have:

Clearer Thoughts

An Improved Mood

A Relaxed Body

1 Take a Break

Shift energy and focus from stressful event to feel more capable, calm, and relaxed

- *Take a physical break*

Literally change position- get up and out of your chair, take a walk, stretch (*Yoga*)

- *Take an emotional break*

Call a friend, listen to favorite song, read a joke/watch short clip

- *Take a mental break*

Be still (meditate), Breathe deeply, Express yourself creatively (*writing, art, singing, dance*)

Shift body and mind into a different dimension

2 Notice Your Reaction to Stressor

Sometimes we think the "Worst" thing is going to happen. The train goes down the track of gloom and doom.

- *Step back from "fear" and ask these questions*

What am I afraid of? _____

What is my priority? _____

Reassure yourself with a supportive phrase _____
(ex. "I am safe", "I am capable")

- *Just "Notice" by checking in with your body*

What sensations do you notice? (stomach ache, chest pain, fatigue, irritability)

- *Challenge Thoughts*

Is this thought true? What other way could I interpret this?
What way of seeing things would serve me?

- *Reframe your experience. Shift away from tension.*

What is the positive side of stress? Can you frame it as a challenge or adventure?

3 Get Moving

“Scientists have found participation in aerobic exercise has been shown to decrease overall levels of tension, elevate and stabilize mood, improve sleep, and improve self-esteem. Even 5 min of aerobic exercise can stimulate anti-anxiety effects.”

- American Psychological Association

- *How will you “get moving”?*
- *What movement makes you feel inspired and alive?*

My Joyful Movement: (ex. walking, bike ride, jump rope, aerobics, hiking, jumping jacks, running, dancing, yoga)

Once you start implementing these strategies you may wonder how to consistently feel more peaceful and learn new habits and lifestyle?

Join us for a 6 week course to build healthy behaviors and make lifestyle change for good.

Register here:

<https://flourishwellnessconsulting.com/product/2019-winter-wellness-power-class/>



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eat well. move well. think well. live well.