

Be Confidently You

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**TOP  
FIVE  
WAYS TO  
RELIEVE  
STRESS  
IN THE  
MOMENT**

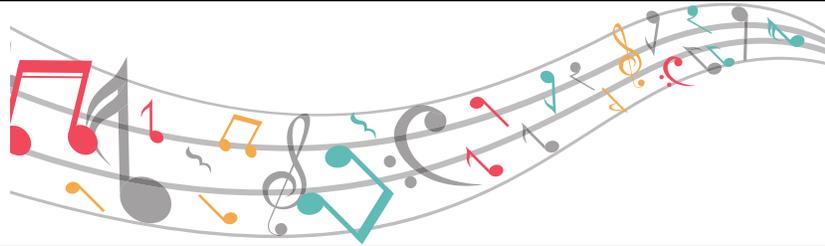
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1

**Breathe  
DEEPLY**

Take a moment (or two) to take some deep breaths. This slows the heart rate and reduces blood pressure which are two major side effects of stress. Close your eyes, sit up tall, and breathe in through your nose for 7 seconds until your entire abdomen is full, hold for 3 seconds, then exhale for 6 seconds.

**Listen  
IN**

2

Turn on some soft jazz, acoustic, or sounds of nature to help lower the heart rate and relieve anxiety. Listening to soothing music moves us to a more calming environment which can assist us in thinking more clearly.



3

**stay  
MINDFUL**

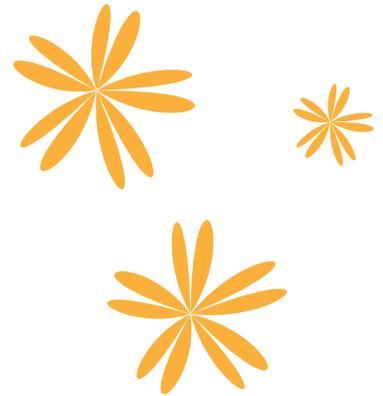
Just sitting down away from the stressful situation to clear your head and be present in the moment can rapidly reduce stress. Start by moving to another room or turning off distractions, then close your eyes, and focus on the breath in the body. Remind yourself that you won't let this one situation ruin the rest of the day. That you can handle anything life throws at you and you will handle it with ease.



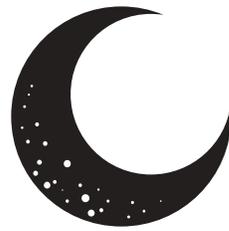
Simply spending time with Mother Nature can help lessen depression and anxiety. Give your body a breath of fresh air, rays of vitamin D,

and some fresh flowers to smell and it's sure to release you into higher spirits. Exercise induces the release of endorphin's which are chemicals the brain produces that reduce your perception of pain and trigger a positive feeling in the body. You can't feel stressed if your mind is happy!

## 4 | Take A WALK



## 5 | Remain GRATEFUL



Stressed because of work? Think about how grateful you are to have a job. Stressed because of kids? Remind yourself how grateful you are to be their parent. Traffic extra bad today on a day you need to be somewhere early? Be grateful that you have a working vehicle that allows you to get places easier. Keeping a grateful heart will ensure appreciation for what you have, which in turn reduces stress over the little things in life.

