



# Stress Management Techniques

## **Meditation**

Loving, Kindness Meditation: foster love and kindness for yourself, as well as those who bring difficulty and stress into your life

Body Scan: bring awareness to tension in the body and promote relaxation

Mindfulness: acknowledge thoughts in a nonjudgemental way, then refocus using your breath

## **Deep Breathing**

*Belly/Diaphragmatic Breathing:* place one hand on your chest and the other on your abdomen - breath deeply from your belly, only feeling that hand move, while the hand remains still

*4,7,8 Breath:* place the tip of your tongue on the roof of your mouth, just behind your teeth - breathe in through the nose for a count of 4, hold for a count of 7 and breath out with a whooshing sound for a count of 8

*Breath Counting:* close your eyes and let your breath come naturally - count your breaths on each exhale starting with 1 and ending on 5 with your fifth exhale, start over back with 1 on the following exhale

**Progressive Muscle Relaxation (PMR):** similar to a body scan, PMR involves tensing each muscle group in rotation and then relaxing it to promote relaxation

**Forest Bathing:** research has shown that simply being in nature decreases stress, anxiety and risk for various chronic conditions - so get outside and enjoy some fresh air

**Binaural Beats:** listened to through headphones, two different frequencies are played that create brain activity similar to meditation that promotes relaxation

**Aromatherapy:** scent is linked to mood, by signaling the emotion center of the brain - scents like lavender, in particular can help decrease anxiety and stress

**Gratitude:** state of mind where you acknowledge the good in your life, regardless of life circumstances - strongly linked to mental health, life satisfaction and ability to cope with stress

**Resilience:** helps us cope with stress and bounce back more effectively - it can be learned and strengthened through social connection, self-awareness, self-care and finding meaning

**Body Movement:** whether **yoga**, **tai chi**, **running**, **HIIT** or **strength training** - mental health and physical health impact one another and exercise can improve both significantly

**Apps:** **Calm** - learn how to meditate, improve sleep and use mindfulness

**Headspace** - learn mindfulness with various meditations and movement

**Simple Habit** - meditations for stress, anxiety, sleep, resilience, and more

**Sanvello** - strategies and coping tools for stress, anxiety and depression

**Stop, Breathe & Think** - tailored activities for your current mood

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*Contact your onsite Health Coach for more information:*

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