



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

Contact your onsite Health Coach for more information:

Allison Knight, NBC-HWC, NDTR, CPT

National Board Certified Health & Wellness Coach,

Nutrition & Dietetic Technician, Registered & Certified Personal Trainer

262.804.1068 • allisonknight@employeehc.com