



# My stress busters

## What stresses you out?

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## Discovering stress busters

### Breathing deeply (belly breathing)



1. Make yourself comfortable. Sit in a chair, or lie down, and close your eyes.
2. Put one hand on your belly just below your ribs and the other hand on your chest.
3. Take a deep breath in through your nose. Notice how your belly moves your hand out. Your chest should not move.
4. Breathe out through your mouth. Feel the hand on your belly go in. Push all the air out.
5. Breathe deeply several times. Don't rush. Take your time with each breath.
6. Describe in words how you feel.

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### Remember to:

- Exercise regularly
- Eat well
- Limit sedentary time
- Get enough sleep

### Tensing and relaxing muscles



1. Make yourself comfortable. Sit in a chair and close your eyes.
2. Breathe deeply several times.
3. As you continue breathing slowly, tense a muscle group for five seconds, starting with feet and toes. Notice how your tense muscles feel.
4. Release the tension. Relax for 20 to 30 seconds.
5. Repeat tensing and relaxing for the next muscle group, working your way up your body: legs, abdomen, hands, arms, shoulders, neck, and face.
6. Describe in words the feeling of relaxed, compared to tense, muscles.

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### Picturing something peaceful



1. Make yourself comfortable. Sit in a chair.
2. Picture in your mind what makes you feel relaxed.
3. Describe your peaceful picture in words, by drawing it, or both.

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4. Close your eyes and imagine your special picture. Imagine as many senses as possible. What do you smell? What do you see? What do you hear? What do you feel?