

Stress Management Techniques

Self-indulgence - Reward your hard work with a trip down Newbury Street, a daytrip to the North Shore or check out other daytrip ideas at <https://www.thecrazytourist.com/15-best-day-trips-boston/>

Take a walk - Clear your mind, get some fresh air.

Time for me - Turn the cell phone off, turn off the internet, put on some calming music and kick-back with a good read, or watch your favorite movie.

Get Organized - Lack of time management, including a lack of organization, is one of the biggest culprits when it comes to inducing stress. Write a list, check things off that are completed, hold yourself accountable and reward yourself for your completed work with one of the three techniques above.

The Bright Side –Start to cultivate a positive attitude. Maintain a journal with this question in mind: What did I enjoy the most today? There'll rarely be a day that passes by without a single nice experience to enjoy and jot down. Hint: Enter "journal writing tips" into Google.

Understanding the Root Cause – Once you identify the source of the stress, you can effectively develop the strategies to reduce the stress.

Popular Stress-Reducing Activities and Apps:

- ❖ Deep breathing
- ❖ Laughing
- ❖ Learn to say no
- ❖ Go outside—this may seem very simple, but it really does wonders.
- ❖ Yoga—either in a class or at home (our favorite yogi for at home practice is Adriene Mishler <https://www.youtube.com/user/yogawithadriene>)
- ❖ Pilates
- ❖ Meditation Apps
 - Headspace (10 meditations for free!)
 - Calm (free with trial)
 - The Mindfulness App (free with trial)
 - Insight Timer (totally free)
 - 10% Happier (totally free)
- ❖ A good night's sleep (here are some apps to help)
 - Sleep Cycle
 - Pillow
 - Apple Bedtime