

Stress Presentation Techniques

| Name of Technique | Description | Reflection/Reaction |
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| Online Stress Tests | Options for doing online stress tests if you ever want to check your stress levels. Please remember that stress tests do not tell the whole story and might differ depending on which test you choose to take. | |
| Half Sun Salutation | <p style="text-align: center;">Half Sun Salutations</p> <ol style="list-style-type: none"> 1. Stand in mountain post 2. Bring your arms up to extended mountain pose 3. Bend in half at the waist to allow yourself to hang down or touch the ground 4. Bring yourself halfway up with hands on knees 5. Bring yourself back into forward fold. 6. Come up into extended mountain pose 7. Bring your hands to your heart | |
| Energetic Grounding | Take deep breaths up the body, to the feet, knees, hips, stomach, neck, through the top of the head. | |
| Just Say No | What is it like to say no when you want to say yes? What is it like to say yes when you want to say no? How would it be to say no without having to provide a reason and have the other person simply respond “thank you for taking care of yourself” without asking why. | |
| Be a Kid | What did you like doing as a child? It’s never too late to bring out your inner child. Did you like going on the swings, playing with playdoh, blowing bubbles... Allow your inner child to have a play date. | |
| Get Creative | Take the opportunity to sing, write a poem or create some other work of art. You can even be creative in how you do your job or how you cook something. | |
| Breathe In & Out | <p>3 Collective Breaths – Take a deep breath, breathing in the positive, breath out the negative, do this three times.</p> <p>Joy of Breathing – Breathe in deeply, raising your hands to the sky and grabbing for all the joy in the universe, then breathe out as you fold in half, swinging your arms.</p> <p>Bear Belly Breathing – Close your eyes, put your bear paws into your belly, take a deep breath and</p> | |

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| | <p>let it out, feeling your paws going in and out with each breath.</p> <p>Lion’s Breath – take a deep inhalation through the nose, on the exhale, open the mouth wide, stick your tongue out and say “AHHHH!”</p> <p>Alternate nostril breathing – put your pointer and middle finger above your eyes in the middle of your forehead, put your thumb on your right nostril and the ring finger just above the left nostril. Take a breath in through the left nostril, breathe out and in, close the right nostril and breathe out through the open left nostril, repeat.</p> | |
| Smells Good | Purchase some aromatherapy that you can keep on hand and pull it out to smell it whenever you need to calm down quickly. | |
| Walk It Off | Take a walk around the neighborhood/school, being mindful of what you are seeing and feeling. Did you find something new that made you smile? | |
| Laugh Out Loud | Find a video/book/memory that makes you laugh when you think about it. Make sure it is short and can make you laugh quickly. Pick it up when you need a flow of endorphins. | |
| Two Word Check In | Close your eyes and get in touch with your feelings, what are two words you can use to describe how you feel. | |
| Other Ideas | | |
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