

Private Counseling

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5 tips for STRESS management!



www.PrivateCounselingGA.com

1 Breathing Calmly

Breathing in slowly through your nose for 3 seconds, holding your breath for 3 seconds, and then slowly breathing out through your mouth for 3 seconds. Repeat until calm.

2 Mantra

This is a short phrase you repeat to yourself. It should be positive, realistic, encouraging, and timely. For example: "I can handle this!" or "I am okay." or "This problem is temporary; I will find a healthy solution."

3 Progressive Muscle Relaxation

This is a technique to reduce muscle tension. First, you will tighten/make a muscle/squeeze one area of your body at a time. For example, start with your toes and work your way up to your neck and shoulders. Squeeze the first area of your body for 10 seconds. Next, relax that area of the body. Move onto the next muscle group and repeat for all body segments (legs, stomach, hands, arms, shoulders, and neck). The combination of tightening with release will allow your body to relax normally.

4 Visualization

First, think of a place that makes you feel happy. For example: the beach, your backyard, or doing your favorite activity. Next, describe the place to yourself in vivid detail: what it looks like, colors, what you hear, what you smell, what you can touch. For example: if I imagine the beach, I would tell myself "I feel the warm sun on my skin; I hear the waves crashing onto the shore; I smell the salt water; I can feel the sand under my toes; The breeze blows gently in my hair." Allow yourself to relax by pretending to be there.

5 Mindfulness

Being aware of what is happening around you. This will help keep you focused on the present and decrease your anxiety. Practice this by consciously noticing each of your 5 senses. You can't worry about the past or future if you are engaged in the present.