

QUICK TIPS

Stop The Spin Cycle



move your body

Physical activity is a great way to relieve stress, clear your head, and boost your mood.



step away from social media

When you feel overwhelmed, take some time to step away and disconnect.



try a grounding exercise

Stop and look around you. Find 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, 1 thing you can taste.



seek help

Everyone needs a little help sometimes. There are seasons where it's best to seek outside help



meditate

Close your eyes, practice your breathing and let your mind fall silent. The quieting of your mind for just 60-seconds can have a profound effect on the rest of your day. There are also great guided meditations you can find online and apps you can download like Calm.



write down your thoughts

Grab a journal or piece of paper and write down how you are feeling and what is stressing you out. Sometimes just getting your feelings out can help them feel less overwhelming.



organize a room

Focusing on a simple task like cleaning the bathroom allows your mind to shift its focus to something other than the stress.



spend time outside

Fresh air, sun, Vitamin D all work wonders for getting out of the spin cycle.



try muscle relaxation

Progressive muscle relaxation can help you reset and relax when you feel stressed or overwhelmed.



deep breathing

Take a slow breath in through your nose, hold it for a couple of seconds, and then exhale and repeat. You can do this while standing, sitting, or laying down.