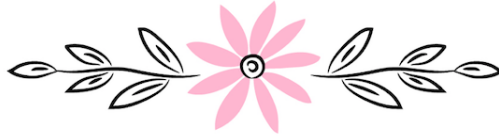


## Quick Stress Relief Hacks Worksheet



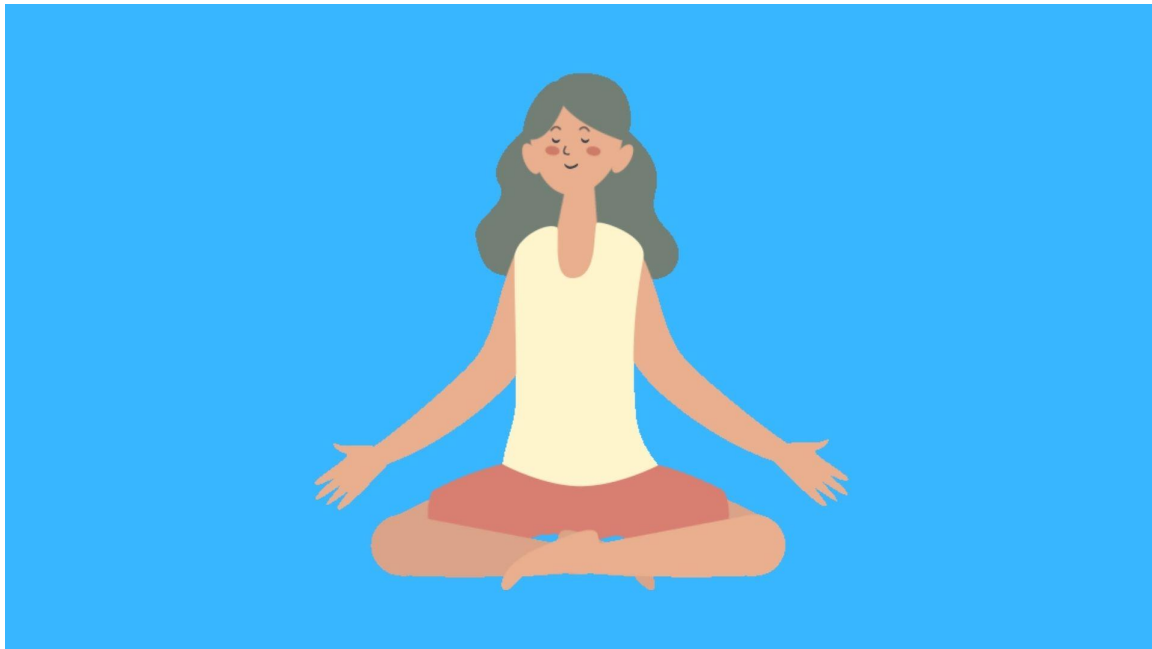
This worksheet is to be used with the Quick Stress Relief Hacks lesson.

Any time you are in a moment of high anxiety or other strong emotion that is not serving you, you can try this technique I learned from Melissa Tiers.

Note that the goal is not to get rid of negative emotions. As often as possible, we want to practice feeling our feelings, and process our emotions. (See the Feeling your Feelings lesson.) But we're not always in a position to do that. And sometimes, it may feel too hard to fully process our emotions.

The techniques below are quicker and easier, and can provide some relief right away. Sometimes they calm the strong emotion enough that you can then try processing your feeling. I often do one of the techniques below first, then practice feeling my feelings.

### **Technique #1: Yoga body**



Note that there are no hard and fast rules about this, and the below is just a good starter way to do it.

- Sit any way you feel comfortable
- Rest your hands on your legs, with your palms up
- Close your eyes and take a deep breath
- Place your attention on your right palm and hold it there 5 seconds.
- Move your attention to your right inner elbow and hold 5 seconds.
- Move your attention to your right shoulder and hold.
- Now, to the left shoulder
- Left inner elbow
- Left palm
- Repeat the circuit for a total of 3 times.

Options:

- Palms down
- Hold for longer or shorter, as feels comfortable for you
- Do this standing or lying down
- Repeat the circuit once, twice, or as many times as you like
- Do it while you're with other people, with your eyes open, privately.

## **Technique #2: Box Breathing**

This technique is a simple breathing pattern used by Navy SEALs to help them stay calm in stressful situations.

Here's how to do the technique...

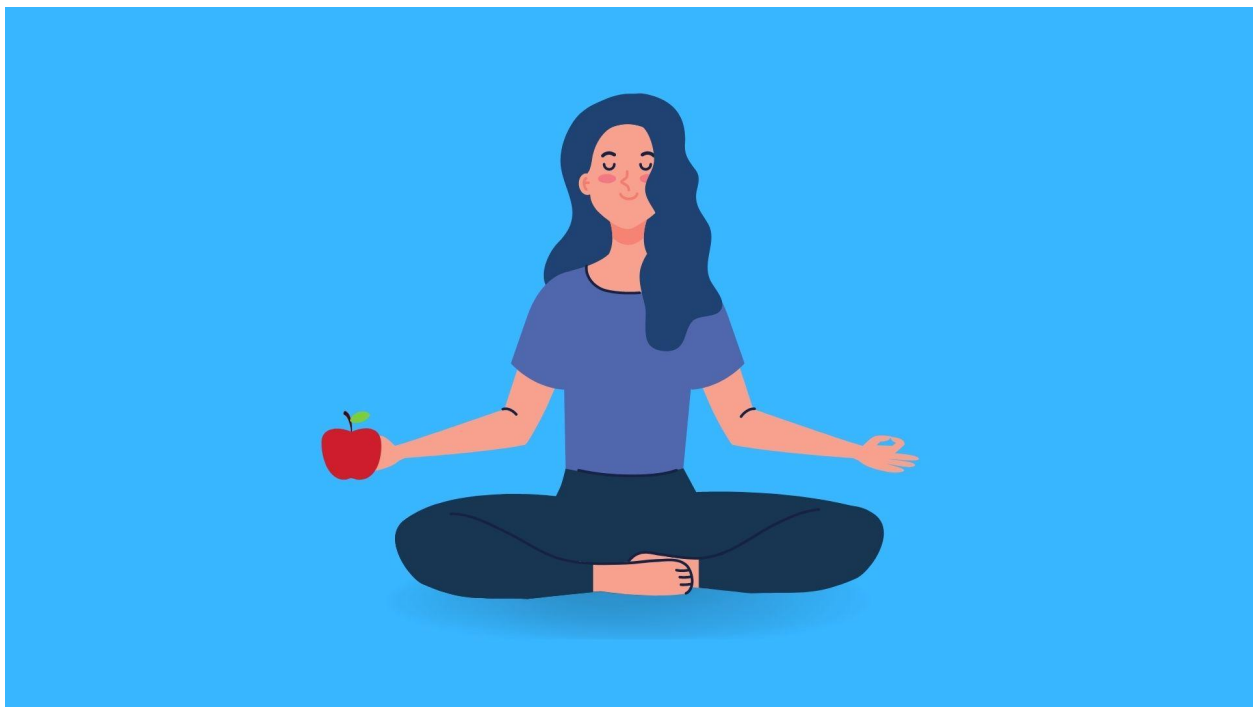
- Sit comfortably
- Take in a long deep breath through your nose, feeling your stomach move out, for a count of four.
- Pause your breath for a count of four.
- Breathe out slowly through your nose, feeling your stomach relax, for a count of four
- Pause your breath again for a count of four

- Repeat as many times as desired..

When you're holding the breath, do it with a light touch, not intensely. Just in a relaxed way.

### **Technique #3: Bi-lateral Stimulation**

This technique is designed to break up anxiety or other strong emotion circuits in your brain by stimulating both hemispheres of your brain.



The technique:

- So first grab something like a ball or a pen or an apple. It can be anything but not too large. You want to be able to pass it back and forth from one hand to the other easily.
- So now just pass the item back and forth from one hand to the other, with a rhythm sort of like a pendulum swinging. Swing the hand with the object far out to the side, keeping your elbow fairly close to your body, like in the picture above.

- One tip is to always keep one hand in front of you while the hand with the thing in it swings out to the side (unlike the picture above.)
- Try it for about 30 seconds, or until you feel yourself start to calm down.

Options:

- You can be sitting or standing up, and in any kind of position, and it still works.
- Do the technique for as long as you like.



*If you'd like help implementing daily practices to stop suffering so much and change your life, contact Yolanda at [yolanda@yolandaobannon.com](mailto:yolanda@yolandaobannon.com) for private coaching.*

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