



Quick Stress Relief Hacks



The American Institute for Stress and Global Organization for Stress report...

 77 percent of people experience stress that affects their physical health

 48 percent of people have trouble sleeping because of stress

 80 percent of people feel stress at work



Common Symptoms of Stress



Muscle tension



Fatigue



Anxiety



Insomnia



Appetite changes



Stomach problems

Stress and health conditions...



High blood pressure



Formation of plaque in arteries



Diabetes



Addiction





Political hell

COVID

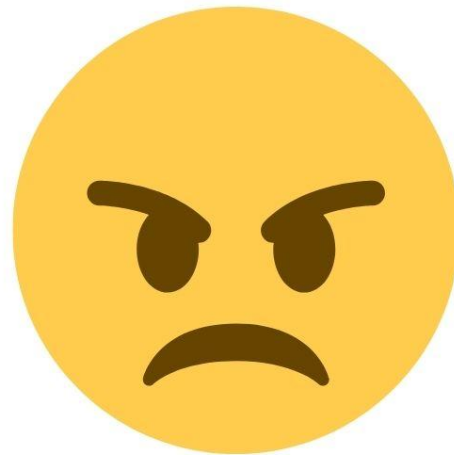
Earthquakes

Car wreck


Wild animals

Fires





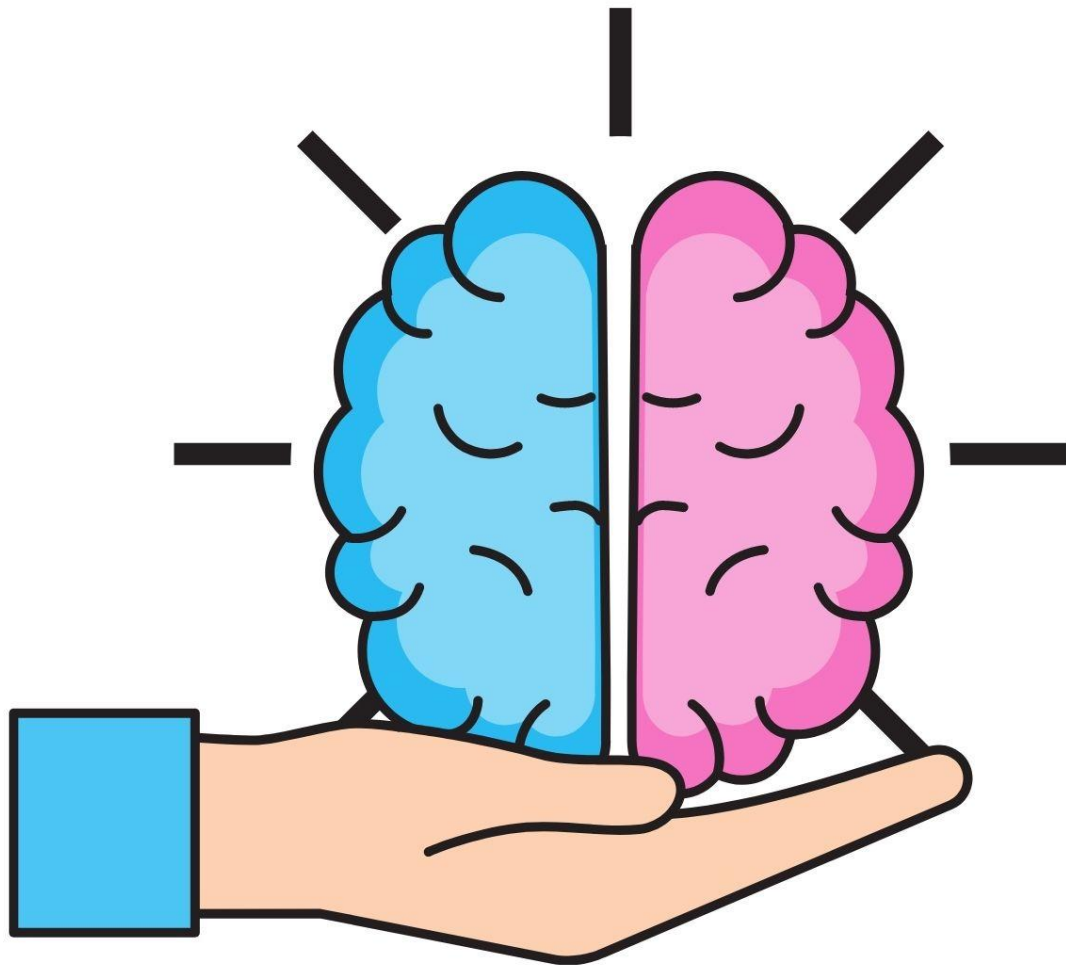


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1. Yoga Body
 2. Box breathing
 3. Bilateral stimulation












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Yoga Body

Placing your attention in sequence on
your...

Right: palm, elbow, shoulder
Left: shoulder, elbow, palm

Make a few circuits...



Box Breathing

- Breathe deeply in for a count of 4
- Hold for a count of 4
- Out for 4
- Hold for 4



Bi-lateral Stimulation

- Grab pen or ball or anything to pass
- Pass it back from one hand to the other
- Keep one hand in front of you at all times



The Anti-anxiety Toolkit

Rapid Techniques to Rewire the Brain

Melissa Tiers



More stress relief tools to explore...

- Vagus nerve activation
- EFT (Emotional Freedom Technique) — also known as “tapping”
- Physical exercise, including a walk
- Yoga or tai chi
- Meditation