



**Brain
Academy**
sharpen your mind

4 strategies

— to —
deal with stress



Amygdala

Cognitive Relief

Meditation
Yoga or Tai-Chi
Take a Break
Peter Pan Principle
Hypnotherapy
Guided Imagery
News Shut Down
Change Perspective
Salomon's Ring
Brain Games

Physical Relief

Sport
Jogging
Hit the Gym
Dancing
Climb Stairs
Punching Bag
Push-ups/ Sit-ups
Progressive Muscle Relaxation
Play with your kids
Sex

Find Your Flow

Sensory Relief

Breathing
Sauna
Aroma-Therapy
Bath with Aromatic Salts
Soothing Music
Napping
Multi-Sensory exercise
Massage
Dark Chocolate
Symphony of Nature

Emotional Relief

Friends and Family
Man's Best Friend
Free Hugs
Ask for Help
Give Support
Humor
Gratitude
Crying
Make Love
Singing