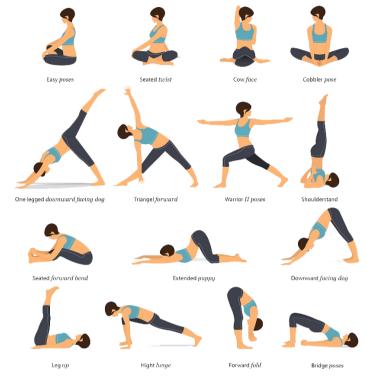
The Sweet Spot Guide to Stress Relief





Practice Self Care

- Choose an activity that nourishes your soul. - Yoga, Meditation, Hiking
- 2) Use a mediation app to get calm and centered
- 3) Take a bubble bath
- 4) Draw or create artwork (if you find drawing to be calming)
- 5) Give yourself a foot massage

Feeling Stressed? Practice one of these

Yoga



Self Care



Meditation

10 Easy Steps to Calm

- 1) Find a comfortable and quiet place in your house or outside
- 2) Close your eyes and focus on your breathing
- 3) As you inhale, exhale, slowly, visualize yourself at the moment
- 4) Bring into your awareness the feelings you're experiencing
- 5) As you inhale and exhale, think about your grateful heart
- 6) As you inhale, say the words "I love myself, I love myself"
- 7) As you exhale, release any tension or anxiety you're experiencing
- 8) Visualize yourself feeling grateful, thankful, calm, and loving
- 9) As you bring yourself back to the moment, take a few more breaths10) Open your eyes and slowing, gently wiggle your hands and feet

Notice how you're feeling after this practice



