

Stress Relief for Everybody Everyday

- Breathing
 - We have 92 sets of muscles around the diaphragm directly connected to the CNS
 - Yogic breathing equalizes breath to the same count in and out
 - Progressive exercise: start at the top and contract while moving down the body
- Cognitive
 - Are there any distorted self-statements? i.e.: I can't handle this, I'll never get through this
 - Break struggles into small action steps
 - Replace negative with positive counter statements: I can do this,
 - Examine your motivation for keeping stress habits
- Music
 - Changes, processes or induces mood
 - MRI evidence shows positive impacts on prefrontal region associated with emotional regulation and inhibitory control.
 - The more kids train on musical instruments it accelerates cortical organization, anxiety management and emotional control
- Exercise
 - Releases *Endorphins*, natural painkillers and happy hormones
 - Increases *Serotonin*, happy neurotransmitter
 - Improves ability to sleep, body's natural restoration phase
 - Increase of oxygen into the system helps deplete stress hormones, Cortisol

- Alternative Practices
 - Essential oils because smell is the only sense wired directly into the hypothalamus
 - Access Bars for relaxation and release of control
 - Acupuncture
- Mindfulness
 - Your Meditation-prayer, hiking, art, exercise
 - Choose to concern yourself with the present
- Boundaries
 - How well do you say no? How well do you protect your needs?
 - Sarcasm, passive-aggression lead to resentments and self-sabotage
 - Say no to anger invitations
 - Choose your battles/learn to accept what you cannot control
- Lifestyle
 - Making the choice to make any changes a habit, part of your lifestyle
 - Need some stress to accomplish things, perception dictates how you handle it