



10 Mindfulness Stress Busting Tips

- 1 Physically worn down?**
Stretch, massage, shake and practice a body scan. Muscles contract when we are under stress and disease results from physical blocks. You can interrupt this accumulation by stretching, shaking, massaging your neck and head and releasing tension.
- 2 Distracted & scattered?**
Breathe consciously. Practice deep abdominal breathing in times of stress. This reverses the cycle, moving your physiology back to equilibrium. It also anchors and steadies your attention so you're less volatile.
- 3 Upset & agitated?**
Move your body, walk. When agitated and unable to settle, going for a walk or doing some mindful stretching / exercise is a simple way to care for your mental/ physical wellbeing. It helps you feel 'grounded' and present.
- 4 Critical self talk?**
Acceptance and practice self compassion. Much of the stress we experience comes from our own harsh self judgement. Accepting oneself and one's experience means just allowing space for whatever is going on, rather than resisting it. Kindly.
- 5 Anxious & worried?**
Acknowledge the feeling & share with a friend. As you learn to stay present with your direct experience, you will become less driven by the thoughts / feelings / worries that arise. Just notice kindly and ask for /accept help/support if you choose.
- 6 Impatient with lack of progress**
Focus on direct experience. Whatever you are doing, give 'the doing' your full attention. Be in your body. Notice mental chatter but no need to take it personally. That's what minds do. Stay with 'experiencing' your life directly.
- 7 Annoyed by difficult interactions?**
Listen with all of your body. Really listen to the sound/ tone of the other person's voice (and your own), see their body language, feel the atmosphere, be aware of your own reaction. See if you can remain open / non-judgemental.
- 8 Rushing & Racing?**
Slow down, notice how your body feels. Plan your day so you can prioritise what is most important. Start a little earlier and choose not to rush so you can cultivate being calm, relaxed and at ease. Let go of tension, tightness regularly.
- 9 Too much pressure?**
Nurture yourself. Often, when we are busy, we give up the things that replenish us. The fun stuff, meditation, exercise, rest and relaxation. So, ask yourself what increases my sense of being alive? And DO THAT.
- 10 Lost your excitement for life**
Beginners mind & savour each moment. A child has an incessant curiosity. As we grow, we tend to experience life on autopilot and it becomes dull and bland. Mindfulness awakens us to a beginners' mind so we can feel AWE and ALIVE again.