

TOP TEN TIPS FOR REDUCING STRESS

1. Pause, slow down, and take some full, deep breaths to help calm your mind and relax your body. Focus on the phrase, *"Slow Down and Relax."*
2. Mentally step back and detach from your stressful feelings and circumstances as best you can. Give yourself a "time out" and physically remove yourself from your circumstances if possible.
3. Stay grounded in the present moment, focusing on a phrase such as *"Stay in this moment."* Direct your attention to things that ease your mind.
4. Give yourself permission to feel whatever you are feeling in this moment without any judgment. There is much power in accepting our unwelcome and unwanted feelings and experiences as a first step in letting them go.
5. Focus on a phrase such as, *"Go with the flow and let whatever is happening be okay,"* as this helps you to relax and accept what is beyond your control. After accepting *"what is,"* be sure to take positive action in ways that are within your control.
6. Focus your mind on *"better feeling thoughts"* that bring you some comfort and relief, rather than focusing your attention on thoughts that fuel your stress and upset. Use this to help you gain better perspective on the situation.
7. Consciously focus your mind on what you want rather than on what you don't want. Focusing on what you want (and visualizing this in your mind) will lift your spirit and help move you in a more positive direction.
8. Stay as positive as you can be in your attitude, thoughts, and words. Negativity tends to be a breeding ground for tension and stress whereas a more positive disposition helps you to approach life stressors in a much more adaptive way.
9. Be sure to practice good self-care as much as possible. This helps you to feel better and to be more resilient to the stressors in your life.
10. Approach each stressful situation as an opportunity to practice and reinforce good coping skills. Look for the life lessons and hidden benefits in each challenge and use your challenges as opportunities to grow stronger and wiser.

I would be happy to help you improve your coping skills and better your life. Please contact me if you would like to discuss how I can best help you!

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