

Complete the Stress Cycle

We are faced with stressors every day, so we need to process the stress every day as well.

Aim for at least 30 minutes per day, bonus points when you combine multiple.

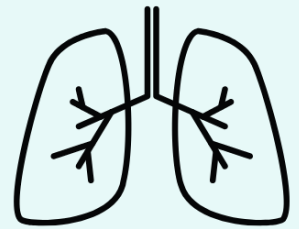
Physical Movement

Run, bike, walk, dance, 20-60 minutes per day
Tighten all muscles for 20 seconds then release



Breathe

Notice your inhales and exhales
You might try adding a little more breath



Talk to Someone

Casual, small, positive social interactions, such as saying "hi" to your barista, or wishing your cashier a nice day



Affection

6 second kiss
20 second hug
Pet your cat
Quality time with someone you trust



Laughter

Deep belly laughter
Remembering another time you've laughed deeply



Creative Expression

Art, music, writing, etc
Imagination



A Good Ol' Cry

Crying won't "fix" the situation but *does* allow you to complete the stress cycle



Source: *Burnout: The Secret to Unlocking the Stress Cycle* by Emily and Amelia Nagoski

Handout created by Erin Tillson Jeffries, www.redwoodgrovecounseling.com