



5 Simple Steps to Reduce Your Daily Stress

Step 1

Just STOP - Yes, Just STOP!

Take a Break. Walk Away! Do something else.

Taking a 10-15 minute break away from what is causing your stress gives you the opportunity to regroup, refresh and refocus.

Things you can do:

Dance, Go for a Walk, Meditate, Sing, Gratitude Practice, EFT (Emotional Freedom Technique), Breath Work, sit outside, call a friend, take a bath or...

Go to the Relax Now mobile app and pick a practice!

Available at Google Play or Apple Store

Step 2

Get Clear on YOU!

What makes you happy?

What is important to you?

Where do you want to go?

Getting this clarity helps you make future decisions. Make a list! Writing it down is powerful and keep it in front of you when making decisions.

Step 3

Your Stress and Energy Inventory

Do an inventory of where you are spending your time and energy and most importantly, your stress triggers. Just like when you go to a nutritionist, you keep a food diary - keep a diary. Do this for a few days/weeks so that you can really see what is taking up your time and energy and what is triggering your stress.

Did you know, that implementing relaxation practices in your day will make a huge difference in your life?

www.TheRelaxationLounge.info

Where Stress Relief Happens in Minutes!

Step 4

Decluttering Your Life

Take a good look at where you spend your time and energy! Take a look at what triggered your stress. Then following the below steps.

What Can You Delete?

What are you doing now that just doesn't align with you? What is stressing you out that you can delete? Time to get out your RED pen and start crossing things off! When we are living in stress - we tend to overextend ourselves - it's time to take back control of our time and energy.

Remember: Saying No to the Things That Aren't Important to Us, Gives Us the Time For the Things That are Important To Us!

What Can You Delegate?

Where are you spending your time and energy that can be done by someone else? What stresses you out that someone else can do? When we do things that aren't in our genius zone, it takes us a lot longer to do them.

What Can You Change/Group?

What can you do to handle this stress trigger differently? Some changes you can make:

Bundle things together - example:

Have a day for certain tasks: Mondays are for bookkeeping (your stressor) - then you can focus on bookkeeping until it is done so you can move on. When you are done, reward yourself.

Large projects - Create bite sized pieces and do one bite at a time. After a bite sized piece is done - celebrate, take a break, relax, reward yourself.

Step 5

Ask for HELP!

Asking for help when you are stressed out can be hard but if you don't share how you are feeling with the people in your life - they will never know how you feel!

Create Breaks/Reward Times After Projects/Tasks!

- Give yourself time to rejuvenate.
- **Download the Relax Now Mobile app** and access a variety of expert-led relaxation techniques designed to help you manage your daily stress. Each session is only 5-20 minutes, so you can easily fit it into your day. Start with a 7-day free trial and see the difference it can make!

www.TheRelaxationLounge.info

Where Stress Relief Happens in Minutes!

Your Time, Energy & Stress Inventory

Keep track of the tasks/commitments that take up time in your day. Also, write down things that are causing stress. Do this for 1 week then continue to step 4. You can use a notebook, or your phone. Write down the things that are more than 15 minutes.

After 1 week, then take a look at what you can delete, delegate and/or group.

When taking a look at your stress triggers, look at how you can delete or delegate them. If this is something you cannot delete, how can you manage it differently.

Example: A family member calls and this tends to trigger stress for you. You can assign a time that you will talk to them. You can create a time limit. You can do a mediation or a grounding practice before talking to them. Find something that helps you through that stress trigger.

[illegible]

***Download the Relax Now Mobile App Today
and Experience Stress Relief in Minutes!***

www.TheRelaxationLounge.info