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Quick Ways to De-stress and Unwind



It's hard to avoid stress in this fast paced world we live in, however there are ways for us to slow it down a little by employing mindful activities that take just a few mins out of your day.

1



Give yourself a hand massage with a nice smelling oil: squeeze the tips of your fingers and press into your palm. Or clench your fists tightly and release 10 times.

2



Relax your tongue, your eyes, your diaphragm, imagine being in a comfortable setting, feel everything draining out of you and sinking deep into the earth.



3



Light a scented candle or plug in the diffuser and inhale the scent for a count of 10 breaths.

4



Have a mindful cup of tea or coffee, smell, taste and sip the drink slowly without any other distraction, ie phone or kids!

5



Go pull out some weeds from the garden! Killing 2 birds with one stone...!



6



Drink an ice-cold glass of water with lots of ice through a straw.

7



Let yourself dance no holds barred for 5 minutes!

8



Take a long hot shower revelling in the time away from the madness!

Or if you're brave enough: take a cold one!



9



Breathe into your stomach and out through your mouth for 10 breaths. Imagine your stomach expanding like a balloon and deflating on the exhale.

10



Run up and down the stairs, or steps 5 times. Or even run on the spot!

