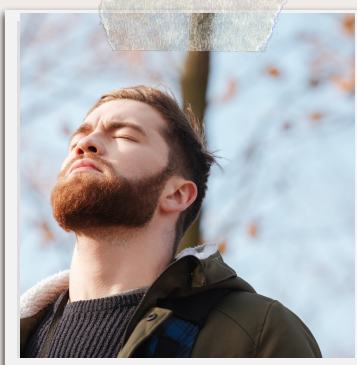


# embrace & evolve

Accredited Life & Business Coaching

## 2 Tools for Instant Stress relief

### 1. Stressed? Stop... and Breathe



When you suddenly feel that knot in your stomach, or a cloak of anxiety falling over you, making you want to run away, panic or get ready to fight - just stop... you have another choice.

Regain a calmer perspective, make better choices and feel more in control by taking time to breathe.

#### HOW:

- Take 3 deep breaths  
Make each breath last at least 10 seconds, inhaling through the nose for a count of 4 and out for a count of 6



This will activate your parasympathetic nervous system, the part of your brain associated with calm, peace and rational thought.

You will find information easier to digest and decisions easier to make.

### 2. Reduce racing thoughts at Night

If you are one of thousands that can be kept awake at night thinking about things that you can't control, things that won't leave your mind or a to-do list that can wait till morning, then this sleep-restoring tip is for you...

It's so simple... write it down



#### HOW:

- Keep a notepad next to your bed.
- Before going to sleep take it out and write everything in your head that you can, make it a stream of consciousness, don't worry about what you write... just write until you feel you are done.
- If you can't sleep in the middle of the night write down what you're thinking about, no matter how mundane, unusual, paranoid or irrational. You will hopefully find solace knowing you have recorded your thoughts and can now sleep without worry of forgetting them
- In the morning you can review what you have written if you want or need to



Writing to-do lists, and expressive writing at any time of the day, has been proven to be one of the most cathartic means of relieving tension caused by an over-loaded brain. Having it on paper in any format allows you to record but also distance yourself from stressful thinking.