



Rest and Relaxation



- Lowers levels of stress hormone cortisol
- Activates parasympathetic nervous system that is on high alert during times of stress – box breathing helps you move out of that state of fight or flight
- Calms the mind – as in an aspect of meditation – counting, which is like a mantra meditation, calms the nervous system and brings you into the present moment



Box Breathing

BOX BREATHING

Inhale for 4 seconds



Hold for 4 seconds



Benefits of box breathing:

1. Brings balance to your mind and body
2. Regulate your natural rhythm
3. Effective in dealing with stress, anxiety & anger

Hold for 4 seconds



Exhale for 4 seconds





Mindfulness – what is it?

- Being present in the moment – enjoying the now, finding joy in simple pleasures
- Taking in the moment as it is and not judging it
- It's not looking ahead or looking behind
- It's releasing control and allowing things to just be
- Being aware of our thoughts and feelings without getting caught up in them
- Consistent practice doesn't eliminate stress or difficulties, but allows us to become aware of thoughts and emotions in challenging times – be more thoughtful on how we respond by not being overly reactive or overwhelmed by what is going on around us





Ways To Be Mindful

- Pay attention to your food – take time to smell it, taste it and truly enjoy it
- Engage your senses in the outdoors – what do you hear, smell
- Giving full attention in conversations – let go of opinions, grievances, judgements and focus on their presence and words
- Mindfulness meditation – just focusing on the breathing in and out, the rise and fall of the chest, the cool air as it enters, warmth as it leaves – don't control just go with the flow.
 - Our minds wander – it's okay. Acknowledge and return to the breath





De-Stress/Self Care

- Meditation/mindfulness – guided, silent, painting, adult coloring, cooking, baking, hunting
 - Start small – 5 minutes a few times a week
 - Any time of day
 - There is NO wrong way of doing it
 - If mind wanders – acknowledge and continue with meditation
- Yoga – start with a few poses a few times a week
- Exercise/physical activity
- Listen to music
- Journal – brain dump from the day, gratitude 3 good things





De-Stress/Self Care

- Get out in nature, listen to the birds, catch some rays
- Go for a drive
- Grounding
- Shower – essential oil, imagine stress being washed away, hang fresh eucalyptus off shower head
- Epsom salt soak – bath or just foot, plain, add own essential oils
- Set boundaries – if it's not in your best interest it's okay to say no
- Set aside time for you – even if it is only 15 minutes
- Decrease scrolling time/unfollow accounts that don't align





Waking habits

- Having a morning routine can help you feel more productive and less anxious and stressed throughout the day
- Avoid hitting the snooze button – if your body needs more rest, then you may need to adjust your schedule
- Avoid looking at your phone right away – get out of bed
- Mantra for the day or self affirmation “Today will be great”
- Exercise – even if only 10-15 minutes
- Yoga or stretching
- Listen to a podcast as you get ready or make breakfast





Sleep Habits

- Set an early bedtime such as 9 or even 10 – be consistent
- Yoga poses – feet up the wall (5 min max), wide knee child's pose, standing forward bend
- Sleep in total darkness – turn lights down closer to bedtime
- Essential oils – lavender
- Turn off electronics one hour before bedtime – especially your phone
- Meditation – frequency music – fall asleep to
- Avoid large meals within a couple hours of bedtime. Same for caffeine and alcohol
- Include physical activity in your day – however not too close to bedtime





Sleep Habits

- Avoid long napping – but rest when your body is telling you it needs it
- Increase your exposure to light
- Create the right environment – cool settings are better
- Quit looking at the clock if you wake in the middle of the night
- If you wake up and can't get back to sleep within 30 minutes – go do something relaxing like read a book – don't look on the phone





Energy

- We are all made up of energy
- Your energy affects me, just as my energy affects you
- When you leave work, a gathering, the grocery store:
 - Clear the energy by swiping it away from your body
 - Visualize unplugging yourself (like a tv) when you leave work
 - Meditate in the car for ~5 minutes when you get home – clear the mind and release that energy





Energy

- Reiki - Energy healing
 - Anxiety – calms the mind
 - Improves sleep
 - Stress reduction
 - Promotes deep relaxation
 - Pain
- Reiki is available through our Therapeutics Department





Summary

Don't feel like you have to do 5 plus things all at once.

Start small. You are more apt to stick with a plan by focusing on a couple items.

Change it up – sometimes what worked for you before may not be what you need now. Don't be afraid to try something new!

Caravan App!!! Fantastic 3, 5 and 10+ minute videos on sleep, meditation, breathwork, stretching, yoga





Thank you

