

STRESS MANAGEMENT STRATEGIES

Tune into your body and release stress in just 60 seconds!

These exercises involve doing gentle body movements that will help you relieve tension you have stored in your body.

- **Unclench your jaw**. Your jaw is usually one of the first places you tense up. Unclench your teeth, relax, and breathe.
- **Drop your shoulders and move your neck** from side to side to release tightness.
- **Shake your hands** and stretch your fingers.
- **Roll your eyes** from side to side and blink several times. Moving your eyes around can help prevent headaches.
- **Stick out your tongue** to relax your jaw and other facial muscles.
- **Take three deep belly breaths**. This helps you reconnect with your body and yourself. Your mind will get clearer and you'll feel less tense.

Adapted from: *"This Easy 'Somatic Release' Exercise Helps You Destress in 60 Seconds Flat"*, Francesca Krempa, 6/30/21

<https://www.wellandgood.com/somatic-release-exercise/>