

“BE NATURAL”

Stress Reduction Plan

B = “Breathing”

- Take 3 breaths
- Use mental imagery to “feel” it

E = “Exercise”

- Pick activities you enjoy
- Flow—don’t “force”

N = “Nutrition”

- Balance, Variety, & Moderation!

A = “Attitude”

- Stay positive
- Channel negative to positive

T = “Time Management”

- Set priorities
- Say No!
- Take a break
- Take advantage of your *mojo modes*!

U = “Uniqueness”

- Be inner directed instead of outer directed by others

R = “Relaxation”

- Self renewal and rejuvenation increases energy
- Mind/Body or holistic approach

A = “Associations/Support System”

- Do your people give you energy or take it away?

L = “Laughter”

- “music for your soul” 😊

“BE NATURAL” ! 😊