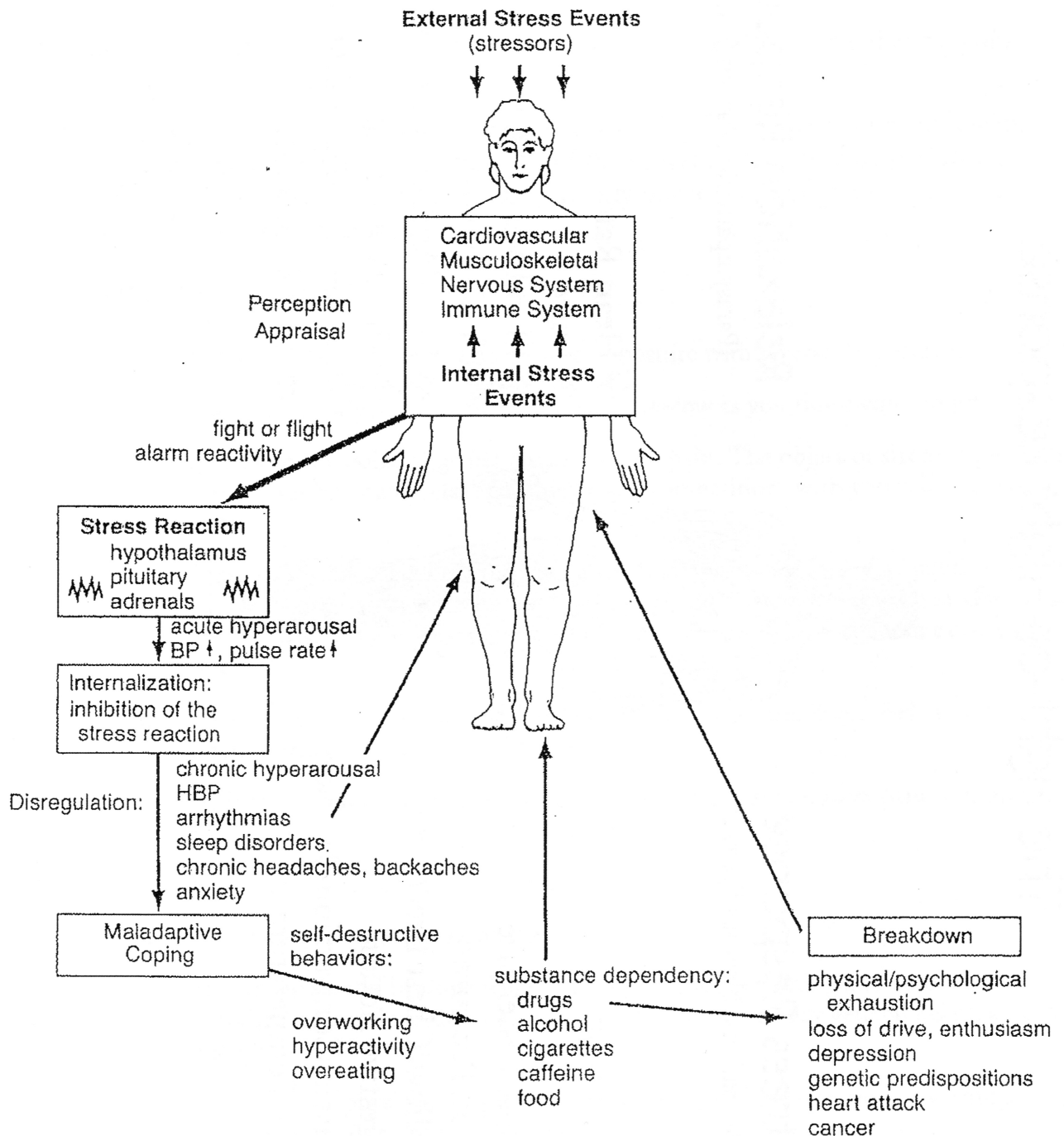


THE STRESS-REACTION CYCLE



21 Ways to Reduce Stress During the Day

1. Waiting in any line, you can focus on your breath and noticing the sensations.
2. Take a few minutes in the morning to be quiet and sit, lie down, or meditate and be with yourself, listen to the sounds of nature or take a slow quiet walk.
3. Before starting out in your car or on your bike, take a moment to center yourself with your breath before proceeding.
4. While your car is warming up or your bike is ready to go, take a moment to quietly pay attention to your breath.
5. When driving, decide not to play the radio and just be with yourself.
6. Be mindful driving or biking: relaxed but awake and alert. Keep attention on the road and avoid doing anything else other than driving.
7. Stay in the right lane on the freeway choosing a safe, slower speed.
8. When stopped at a red light, pay attention to your breathing, to trees or the sky.
9. After parking your car or bike, take a moment to orient yourself to the new location.
10. Try to “stop” for 1 to 3 minutes each hour to regroup and recoup.
11. Use everyday cues in your environment as reminders to “center” yourself. e.g. the telephone ringing, closing a door, etc.
12. Choose to eat a snack or meal in silence a couple of times a week.
13. At the end of the day, nonjudgmentally recount your daily activities, acknowledging and being grateful for what happened.
14. Turn your cellphone off for at least one hour during the day. If this isn’t possible, try turning off the ringer.
15. Bring your attention to each activity of the day as you do it.
16. Avoid multitasking.
17. Each time you return home, take time to reorient yourself after parking but before entering your house.
18. In large parking lots, park away from your destination and mindfully walk there.
19. While waiting in the car or on a bike, sit in silence and enjoy a meditation time.
20. Put on sunglasses and put in earbuds, connect to your phone, and stream a guided meditation or an unguided (bells with silence) meditations from Imagine. No one will know!
21. Drive to a lookout, open space area, or park and breath as you enjoy the beauty.