

# STRESS BREAKS

Allegro Coaching



## MEDITATE

When you're feeling stressed, take a few seconds for a meditation break. Close your eyes, take a deep breath in, open your eyes on your exhale and name three to five things in front of you. This will bring you back into your current moment, and help prevent thought spirals.

## LISTEN TO MUSIC

Music has a big influence on mood. Create a few different playlists for yourself that include soothing music and music that makes you happy and lifts you up. When you're feeling stressed, pick your playlist and shift your mindset!

## FOCUS ON ONE TASK

To-do lists are great for organization, but they can feel overwhelming at times. Use a notecard to cover up your to-do list, and only uncover one task at a time. This will help you to focus, and prevent you from getting too overwhelmed.

## TAKE A WALK

Movement is a natural stress reliever. If you're feeling stressed at work, take ten minutes to yourself to go for a walk. Bonus points if there are stairs included on your route!

## GRATITUDE

Mindset shift can be one of the best tools in your toolkit. When you're feeling overwhelmed, take a few seconds to think about and list out three to five things you are grateful for. Take another look at this list every time you're feeling stressed!

## POSITIVE AFFIRMATIONS

As silly as they may seem, positive affirmations have been studied and backed by science. It can be helpful to have two to three phrases that make you feel good that you can silently repeat to yourself when you're feeling down.

## THE STRESS BUCKET

We each carry a stress bucket with us every day. As stressful events happen, we begin to fill that bucket with stress balls. If we don't take small breaks throughout the day to deal with, and sometimes eliminate stress balls from our bucket, we can end up with an overflowing bucket by noon. Small stress breaks like the examples given above can help to remove some stress balls from your bucket, and leave you feeling better at the end of each day.