

#STRESSAWARENESSMONTH

Practice
UNBOUND

6 QUICK WAYS TO REDUCE STRESS

01

Ease tension on the body with a quick body scan. Unclench jaw, round shoulders, take a deep breath

02

Drink a warm beverage to slow down the body and self-soothe

03

Get off the grid. Turn of your phone or laptop for 5 minutes

04

Write down 5 things you're grateful for - you can't feel stress or gratitude at the same time!

05

Break down your tasks into smaller chunks to ease overwhelm

06

Do a 5 minute yoga routine (sitting or standing!)