

## Easy one minute de-stress techniques

We all find ourselves stressed out during the day. Here are some simple techniques to get ourselves out of that space and into centered calm.

1. Catch yourself when you are feeling tense, angry, confused, frustrated, worried, feeling not how you want to be feeling.

2. Take a deep breath. Focus on something in Nature. Notice how it looks, feels, smells, sounds, etc.

or

Send your breath to your heart area. Keep breathing into your heart gradually letting the tension go and sending peace and calm in its place.

or

Focus on your breath. In, pause, out, pause, in, over and over

or

Remember something you love. Let that loving feeling take over.

or

Chant or sing a special word or song. Some people may use Aum/Om or HU or any other special holy word. You could use a phrase like "It will all be ok".

Sing "Row, row, row your boat"

or

say a prayer

Now, if we can just remember to do it!