

7 WAYS TO COMPLETE THE STRESS CYCLE

Just because a stressful event may be over, it does not mean you have dealt with the stress itself. The following activities have proven to be effective in completing the stress cycle [1]:



PHYSICAL ACTIVITY

Burn the stress off by exercising, dancing, or simply shaking it off!



BREATHING

Calms down your nervous system by engaging your parasympathetic nervous system (eg 4-7-8 breath)



LAUGHTER

A good belly laugh regulates your emotions



AFFECTION

A 20 second hug or a 6 second kiss calms your body and improves your mood



CONNECTION

Positive social interaction with loved ones tells your body that it's safe



CRYING

Crying provides the perfect release when feeling overwhelmed



CREATIVE EXPRESSION

Allows you to share your internal experience externally and move through big emotions