

PORTABLE STRESS BUSTERS

HAVE A SHOWER, BATH

DEEP BREATHING, FOCUSING ATTENTION ON BREATH RATHER THAN ON THOUGHTS

YOGA TECHNIQUES

RING A FRIEND, A HEALTH NURSE, ETC.

SELF STATEMENTS: “I’M CALM AND RELAXED”
 “I CAN DO THIS”
 “THIS WILL PASS”

TREAT YOURSELF TO COFFEE, WINE, CHOCOLATE (BUT NOT IN EXCESS)

MINI ‘MENTAL HOLIDAY’-THINK OF FAVORITE DESTINATION

RELEASING TENSION IN MUSCLES

THREE DEEP BREATHS

REMINDING MYSELF ‘I’M NOT ALONE’ (AS A MOTHER)

CRYING AS A RELEASE

CONTACT WITH FRIENDS

COMPARING SELF WITH OTHERS IN A WORSE POSITION