

MONTHLY MINDSET CHALLENGE

De-Stress

WEEK 1

De-Stress with Nature

This week look to nature; It only takes a few moments experiencing or contemplating nature for magic to happen and settle the nervous system and counteract stress. Go find a beautiful image of nature to have ready in all the places you might go this week. If you can't see nature out your window or take a short walk in a park, take a few moments to look at your image and breathe.

WEEK 2

De-Stress with Laughter

Laughing triggers the release of endorphins, our body's natural feel-good chemicals, which act as neurotransmitters, promoting an improved mood and helping to counteract stress. So this week, whether you are stressed or not, EVERYDAY, take time to have a laugh; watch some stand-up comedy, crazy cat videos, or babies giggling do it for me.

WEEK 3

De-Stress with Breathing

Straws and balloons are imagery I came up with to help people slow and lengthen their breath because it engages the diaphragm and stimulates the vagus nerve, triggering our rest response. So this week, any time you feel stress, inhale like you were sipping through a straw and exhale like you are leaking it through a hole in a balloon, and let the stress melt away.

WEEK 4

Mind Your words

Everyday love; Language is incredibly powerful. The word we say cast a spell on ourselves and others AND the most enchanting word of all is "love." This week, to stimulate your oxytocin, the ultimate feel-good hormone," add 'love' to your everyday language; I love X, I love that you Y, how lovely that ... You know what I love? ... you'll be promoting feelings of bonding, trust, and overall well-being.