

Simple Mindfulness Techniques

Mindfulness is one way to lessen the effects of stress – emotionally and physically. These techniques promote being present, in the moment, and mindful.



Sit outside in the sun. Feel the heat of the rays on you. Appreciate how far the rays have traveled just to reach you.



Walk around. Feel as much as you can - notice the grass, pebbles, or soft carpet under your feet.



Deep breathing. Take long, slow breaths at the top of the hour, or set a reminder on your phone throughout the day.



Look at the night sky. Appreciate how delicate the stars and moon appear. Admire the twinkling lights - maybe notice a satellite or shooting star.



Sit quietly. Feel the breath coming and going from your chest, through your nose. Feel how the breath is cool as you inhale and warm as you exhale.



Write in a journal. Write down happy moments you can look back on when you're feeling anxious or stressed. Acknowledge the appreciation you feel for the things around you.

Grounding Technique

A grounding technique can help decrease anxiety and anger when you are feeling overwhelmed.

Think 5-4-3-2-1 as you notice:

- 5 things you see
- 4 things you feel
- 3 things you hear
- 2 things you smell
- 1 thing you taste

Try the free app for meditation, sleep, and movement exercises.

[Headspace.com/mi](https://www.headspace.com/mi)

Stress Resilience Plan

Think about how you overcame challenges in the past.

- How did you get started?
- How did you stay motivated to continue your recovery?
- Who was supportive during difficult times in the past? Reach out to them for support now.
- What useful advice did someone give you that can be shared with someone else in need of help?
- Keep using your resources - people, skills, and groups.
- Know your personal signs of stress - act to reduce stress before it spins out of control.

Take care of your mental health.

- Keep in touch with family and friends. Reach out by text, calls, or video chats.
- Try humor to reduce stress - when appropriate.
- Give yourself permission to feel upset or scared.
- Schedule check-ins with supporters.
- Limit media exposure: take time daily to digitally unplug.

Take care of your physical health.

- Eat healthy: Vegetables, protein and water while limiting sugar and caffeine to regulate mood and energy.
- Exercise: Try an online class or tutorial for yoga. Take a walk or hike to regulate stress and promote mindfulness.
- Sleep: Get adequate rest daily.
- Self-care: What do I do regularly for self-care? Can I add more activity to my routine?

Create routine and structure.

- Keep a daily routine as much as possible. This helps curb stress.
- Maintain your sleep cycle - consistent times to wake up and go to sleep.
- What is the best time of day for you to exercise? Plan daily and weekly exercise.
- When is it easiest to get in touch with others? Schedule calls and virtual meetings.
- Plan time to get outside every day.