

# REDUCE STRESS IN YOUR MENTAL SPACE



1404 Del Prado Blvd. S #135  
Cape Coral, FL 33993  
407-545-3250

When you find yourself overwhelmed here are some techniques and strategies to try:

by Jessica Sagastume, LMHC

## 1 GRATITUDE JOURNALING

Take 15 minutes a day, sit in a quiet and peaceful place, list out 3 things you are grateful for that day, and meditate on this. It is easy to get caught up in all the negative news but when you take time to reflect on life's blessings it lifts our spirits.

## 2 POSITIVE AFFIRMATIONS

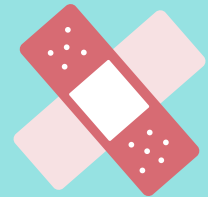
In order to cancel out negative thinking, it is important to have positive thoughts in hand. Positive thinking takes practice! Using positive affirmations helps create a new healthy habit thinking. Affirmations can be found by simply typing positive affirmations online. "I give my anxieties over to God because he loves me - 1 Peter 5:7

## 3 JUST BREATHE!

Often times we do not realize our breathing patterns. If we are stressed and running around trying to get things done, last thing on our minds is to take steady breaths. 4x4 breathing technique helps us to allow oxygen to flow into our brains and relax tensions in our bodies. Take a deep breath in hold it for 4 seconds and slowly take a deep breath out for 4 seconds allowing the tension on your shoulders to relax.

## 4 DID YOU GET ENOUGH SLEEP?

Sleep should be a priority. Research recommends 7-8 of sleep a night to feel clear minded and well rested. Create a consistent sleep pattern and observe the difference it makes in your life.



## 5 EXERCISE

Exercise is #1 when it comes to releasing stress. Getting our bodies up and moving releases natural chemicals called "serotonin" that is connected to "happy emotions". Plus it is a great way to free yourself from things that weigh you down. Go for a 30 minute walk, ride a bike, take a jog, go for a swim. Get creative!

## 6 TAKE IN POSITIVITY

What we put in is what we put out. The equation is this simple. If we surround ourselves with positive people, positive words, we will view things in a more positive light. I recommend listening to sermons, podcasts, audio books on your way to work. Don't give room for any negative thinking.