

Stress-Free Refrigerator Reminders!!



- Inhale for 10 seconds and exhale for 10 seconds (3 times)
- Meditate/Pray
- Write down your stressor and put it in the freezer to “freeze” that thought.
- Know your body – listen to it when it talks to you.
- Talk to a friend.
- Recite daily positive statements about yourself and your situation.
- Listen to relaxing music.
- Watch your favorite movie.
- Go for a walk.
- Spend time in nature.
- Remember – F.E.A.R. is simply False Evidence Appearing Real
- Only focus on what you can control.
- Ask for help.
- Spend time with your pet.
- Get involved in a hobby.
- Laugh and have fun.
- Read a good book.
- Look through an old photo album.
- Give a friend a call who you haven’t spoken to in a while.
- Give someone a hug.
- Hug a tree (Don’t laugh – trees emit a very positive energy, especially pine trees – why do you think you feel good at Christmas time!??).
- Take a nap.
- Read your favorite quotes.
- Go for a drive.
- Have your favorite treat.

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