

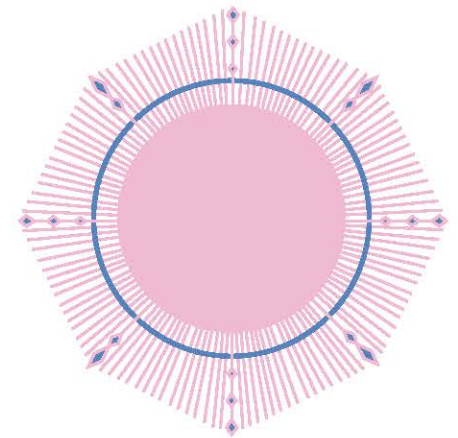
# STRESS RELIEF EVENT

*Things to think about and tangible tips for reducing stress (always) but especially right now*

## MOVE AROUND

Go for a walk – explore – solo or with your pod people. The Avenue Concept is an organization that has put together a self-guided walking tour of public art in Downtown Providence. Download the map here:

<https://theavenueconcept.org/programs/wayfinding/#fc-Self-Guided%20Tours>



## OR DON'T

Maybe take a sit in the sunshine for 30 minutes ? or 20? or 10? Vitamin D is a real thing and can help you with easing your stress levels.

## BREATHE

5 - 5 - 5 Breathing Technique means a quick way to do something about reducing your stress without anyone even having to know you're doing it! Watch a demonstration here:

[https://www.youtube.com/watch?v=Z7Az\\_iKCBRg](https://www.youtube.com/watch?v=Z7Az_iKCBRg)



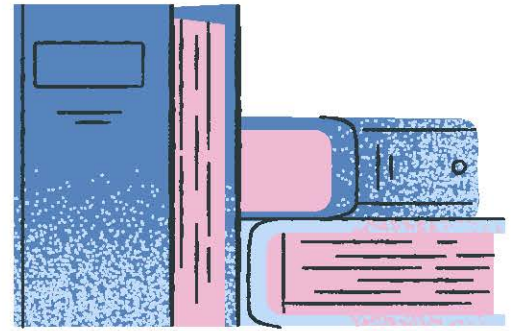
## TINY TASK

Tend to a plant, organize your books, make your bed . . . choose one small task to focus on that is easy to complete and beneficial to you.

## DETERMINE CONTROL

"Locus of control" means figuring out what is *within* your power to control and what is *beyond* your control.

This can help you decide what stressors in your life could be reduced by making a change or taking some sort of action.

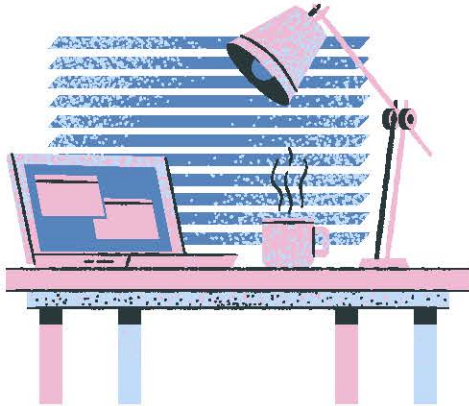


## MAKE A TIMELINE

Whether it's a project or an event that is stressing you out . . . timeline it!

Look at where you started, see how much you've already done & accomplished, and parse out what you still have left to do.

You can do this mentally, visually, verbally . . . whatever helps you get that perspective!



## PINPOINT THAT STRESS

Connect to your body, connect to your mind, & bring the two together through this art therapy technique!

First draw an empty outline of your body, then fill in the part/s of your body that *feel* the stress with colors, designs, shapes . . . does the way the stress feels in your body *change* from time to time . . . draw that change . . . how could you *reduce* those physical feelings of stress . . . draw the stress reducing . . . draw how you *want* to feel . . .

