

HOW TO RELIEVE STRESS AND ANXIETY

NOWwatch.org

6 PRACTICES TO RELIEVE STRESS

FEEL YOUR BODY



FEEL YOUR HANDS



FOCUS ON YOUR BREATH



LOOK FOR THE SILENCE



WAIT FOR YOUR NEXT THOUGHT



ACCEPT NOW AS IT IS



FEEL ITS ENERGY.

IF FEELING YOUR BODY IS DIFFICULT FOR YOU, TRY TO FEEL ONLY YOUR HANDS.

TAKE FEW CONSCIOUS BREATHS IN-AND-OUT

ALL SOUNDS ARE COMING OUT OF SILENCE. LOOK FOR THE SILENCE AMONG THE SOUNDS.

OBSERVE YOUR MIND LIKE A RABBIT HOLE. WAIT FOR YOUR NEXT THOUGHT, LET IT GO.

ACCEPT FULLY THE PRESENT MOMENT AS IT IS

Relieve Stress And Anxiety

Lei Huang

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