

## **Stress Busters Checklist: Boosting Mental Wealth and Knocking Out Stress**

### **Stress less - Focus more - Have NO fear - Stress Busters is here!**

If you desire more fearless time to focus on things you want to get done, on having fun and enjoying time with friends & family, or simply spending time caring for yourself by decreasing stress and increasing positive energy... become an empowered

***SUPER STRESS BUSTER*** now!



**DIRECTIONS:** Read the five (5) fancy stress busters below and check off each activity as you go. Remember to build better habits, you must incorporate action with knowledge!

**Top10** - Take 10 deep breaths. Inhaling through the nose for five seconds and exhaling through the mouth for five seconds. Everything = 10! 10 deep breaths for 10 seconds each. Begin to feel the tension and stress melt away.

**Music gives me life** - Take a few moments to break away and listen to your favorite song. Music provides many therapeutic elements from increasing laughter and joy, decreasing anxiety, calming the mind for a peaceful night's rest, lowering negative emotions and increasing positive emotions thanks to a boost in your dopamine and endorphin levels. Just know, music gives you a boost. Find your favorite tune and take five minutes to enjoy!

**Joy Boost** - Recall a time when you were full of joy or felt extremely loved and happy. It could be buying a new puppy, graduating from an educational or training program, getting married, going for a nature walk, baking holidays treats with loved ones, etc. Once you have the event in mind, inhale deeply for five seconds and think of the joyous occasion. When you exhale, you will release any negative thoughts or feelings you had previous to thinking of this joyous occasion. Repeat this exercise at least three times (with the same or different events) to ensure you are getting some good deep breaths and engaging in *memory* and *recall*.

**Be Mindful and embrace the beauty of what is** - Vivid colors and textures can bring about joy, peace, and calm. Take a moment to practice mindfulness, by embracing what is around you. It could be the softness of the carpet beneath your feet, or the bright colors in a painting on a wall in your home or office. Mindfulness can slow down your breathing, give you the opportunity to embrace the goodness of things around you, and allow you a moment to calm yourself and relax.

**Use your whiffer and pick up on invigorating scents** - Orange, Lemon, Vanilla, Lavender, and Cinnamon just to name a few. Various scents can evoke various memories, boost moods and/or become a calming agent for you to release the stressors of the day and relax. Take a moment to burn your favorite candle scent, lather up in some of your favorite lotion, or add some potpourri to your favorite pot to bring positive energy and calm into your environment. (PS - Never fall asleep with a candle burning)!



**Feel free to connect with me, NaKaisha Tolbert-Banks - LCSW, on Twitter @1stLadyGiggles and tweet how you are busting your stress. Use the hashtags #stressbusters #mentalwealth #selfcare #LaughterCoach**