

Practices to Reduce Stress and Increase Joy During the Day

Choose one and allow it to become an anchor. Over time more will become part of your day.

Develop a morning ritual: Uplifting the heart, remembering your goals in life

1. Bringing mindfulness to something you do every day: shower, brush teeth, the morning coffee/tea ritual, putting on your clothes, feeding your pet, etc.
2. Practicing yoga, Tai chi, Qigong, Pilates...
3. Taking a few minutes to be quiet or to take a walk; contemplate gratitude, joy, beauty, nature.
4. Reading a passage in a book, a short prayer, a poem

At work

5. When you get to work, taking a few slow, deep breaths: before you leave the car, get off your bike, or entering the building. Doing the same thing when you get home
6. Using everyday occurrences in your environment as reminders to breathe or slow down: phone ringing, waiting in line, walking down the hall, opening doors, etc.
7. When choosing passwords on your computer, think of ones that might remind you and/or make you smile, e.g., Slower12, Breathe12, Smile 12, Giggle12, Yogibooboo22, etc.
8. Wearing a bracelet, necklace, ring, keep something in your pocket, or a post-it note or a picture by your computer or bulletin board that reminds you to breathe, to appreciate life

Pausing

9. Taking a few, slow, conscious breaths, focusing on the exhale which is naturally relaxing
10. Checking-in with your body for tension: jaw, tongue, back of the neck, top of the shoulders, bottom of the back, hands, etc. Notice the tension on the inhale, relax on the exhale
11. Paying attention to the quality of your mind or breath when waiting--at a stoplight, in line...
12. Taking a moment to look out the window and feel the gratitude and joy in being alive

Choices

13. Practicing generosity: to yourself and to others
14. Reminding yourself that everyone is beautiful in their own way and everyone matters
15. Looking for opportunities to smile, to notice beauty, to practice gratitude
16. Spending more time in nature, even simply looking at trees out your window

Technology

17. Get an app for your phone. Insight Timer; Calm; Headspace; Stop, Breathe & Think
18. Subscribe to blogs that have good news each day, for example dailygood.org , karunavirus.org, theprogressnetwork.org

At the end of the day

19. Reflecting on the day, especially what good you did
20. Your own ideas?

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