

# Seven strategies

to complete the stress cycle



## Physical activity

Getting your heart rate up helps your body process the adrenaline / stress hormones and reset the brain.



## Breathing

Deep, slow breaths down-regulate the stress reaction. Try box breathing or abdominal breathing.



## Social interaction

Social interactions cue us to recognize the rest of the world as a trustworthy, low-threat place, which can reset the nervous system.



## Laughter

Deep belly laughter releases dopamine, reinforces social bonds, and helps regulate emotions. It creates a sense of safety and ease.



## Affection

A deeper connection with a loving presence can ground you. Try a 20+ second hug with someone you love or cuddling with a snuggly pet.



## Creative expression

Creativity provides opportunities to externalize, express, and integrate big emotions.



## Have a big ol' cry

The physiological release of crying releases the stress hormones accumulated during the stress reaction. Try not to dwell on the story you're telling yourself about the stressor.