

7 steps to reduce stress and anxiety

1. You don't know what you don't know. Stop making things up.
2. Count to 10 when you are at your stress peak, do not speak – take a walk or take 10 breaths
3. Stop churning and burning your adrenals – it's the same story going round and round in your head.
4. Do yoga which will teach you breathe work or exercise at least 3 times a week. You will need to concentrate and it will take your mind off that stressful situation
5. Download a meditation application and listen to it whenever possible
6. Get out of your work clothes and shower off the day
7. Make relaxing teas and bone broths to nurture you.

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