



Stress Reduction Strategies

The first 10 minutes and last 10 minutes of your day are the most important times of the day

Visualization

Journaling

Plan your day the night before

Check email 2 times a day morning & afternoon

Check text messages 2 times a day morning & afternoon

Grounding

Essential oils

Meditation

Listen to Binaural Beats

Put your phone on airplane mode at night and during work

Wear anti-glare glasses when working in front of the computer

Wear blue light blocking glasses at night

Himalayan salt lamps

Limit your social media

Avoid the news (CNN = Constant Negative News) especially before bed