

STRESS AND ANXIETY

TOOLS FOR CALMING YOUR NERVOUS SYSTEM AND RECALIBRATING



We are all aware that stress and anxiety can have an impact on our bodies. Here are two hacks that help to ground and calm your nervous system during times of stress

SELF COMPASSIONATE BREAK

Self compassion is not just a fluffy word that hipsters use! Neuroscience has revealed that practising self compassion increases resilience during times of struggle by releasing oxytocin (the love drug) into our nervous system.

Place both hands over the middle of your chest and press a slight pressure downward so that you feel held.

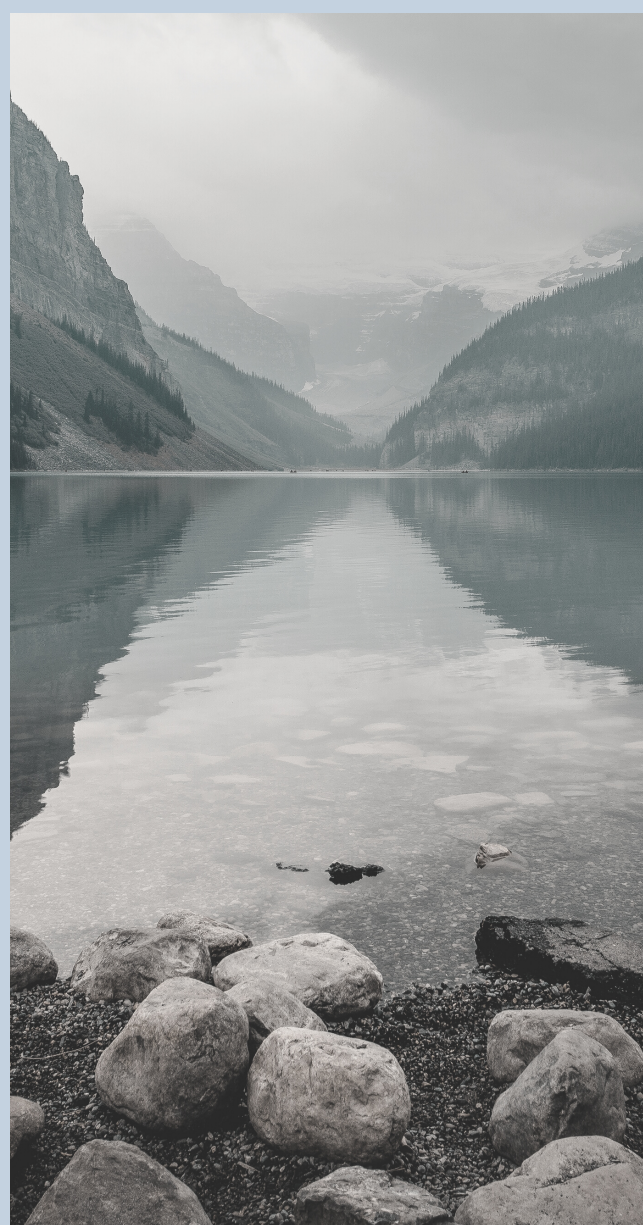
Take a deep breathe into your chest just below where your hands are placed. Use your breathe to make room for whatever feelings are popping up. Slowly exhale. Repeat for 4 rounds of breathe. Done!



POSTURING UP

Stress, struggle and tasks we don't like can impact upon our posture unconsciously. While we often cannot change the circumstances, we can change how we face them. Posturing up has been found to increase lung capacity, improve concentration, problem solving, processing speed and mood. Making those crappy tasks or difficult days much more doable!

Start by rolling your shoulders back, straightening your spine and pulling your abdominal muscles in at your naval. Take a long, deep breathe and then reorient to your task. Notice if there is any immediate change in your experience. You may need to do this multiple times throughout a given task.



MAIA Psychological Services

P: 0412010371 E: info@maiapsychology.com.au

W: maiapsychology.com.au