



# One-Minute Stress Strategies

Taking one short minute out of your day to do one of these stress relieving exercises will help release built up tension in your body and free your mind of stressful thoughts.

**Breathe Slow and Deep**

**Say a Mantra**

**Eat a Snack**

**Listen to Nature Sounds**

**Face Towards the Sun**

**Start Doodling**

**Correct Your Posture**

**Relax Your Jaw**

**01:00**  
Stopwatch  
Stop Start

Source: Psychology Today