

THE BALANCE BEACON: GUIDING YOU BACK TO CENTER WHEN THE ROAD GETS ROUGH

Stress is an inevitable part of life, but staying stuck in the stress cycle can negatively impact your physical, emotional, and cognitive well-being.



1 CONTROLLED BREATHING

I love this technique because you can do practice this in a car, meeting, or difficult conversation. Affirmation breathing is a great way to calm your nervous system. Keep a sticky note on your computer with the prompt below.

INHALE: I will be OK

EXHALE: No matter what happens next.

2 GROUNDING

Sometimes a stressful situation can head us to spiral. We can't stop our thoughts and quickly we are out of our body and into our head. Grounding is a helpful tip to help bring you back to the present.

5. Identify five things you **SEE**.
4. **FEEL** four things around you.
3. Listen for three things you can **HEAR**.
2. **SMELL** two things.
1. Can you **TASTE** one thing?

3 THANKFULNESS

This can be one of the most challenging things to practice when dealing with stress, but is very powerful. Shift your mindset by practicing gratitude. Work truly is an opportunity to grow your personal and professional skills everyday!

