Stress:
Quick Stress Busters

Academic Success Center
Leech Lake Tribal College

"Re-Lax" Breathing
Breathe slowly and steadily. As you inhale, silently say "re" and as you exhale, silently say "lax". This exercise should be done for five to ten minutes.

Self-Massage
Use your finger tips or cupped hands to massage your facial muscles. This can also be done to your neck, shoulders, arm and hands.

Six Second Quieting Response
Draw a long, deep breath. Hold for two to three seconds. Exhale long, slowly, and completely. As you exhale, let your jaw and shoulders drop. Feel the relaxation flow into your arms and hands. Can be done with eyes open or closed, alone or with others.

Mountain Breathing
Take a slow, deep breath in through your nose while counting to four. Hold the breath in for two to three counts then exhale through your mouth for four counts. When you exhale, really push the air out, making a "whooshing" sound. The counting of breaths forms a sort of mountain (four counts up the mountain, three counts resting at the top, and four counts down.)

Walking Meditation
The combination of counting, breathing, and walking focuses your attention on the present, relaxing your body and clearing your mind. Start walking until you hit your normal, comfortable stride. Notice about how many steps you are taking between breaths. Establish a pattern of always taking a certain number of steps and then breathing in, taking the same number of steps, then breathing out. For example: 1-2-3-inhale-5-6-7-exhale.

Isometric Arm Reliever
Pull or push for a few seconds with each hand against a desk, a doorway, or another immovable object. Relax for a few seconds. Repeat several times. Notice the release of muscle tension during each rest intervals.