

The practices **HOLIDAY STRESS SURVIVAL**

1) GROUNDING

Find a comfortable seat with legs uncrossed. Notice the weight of your feet on the floor. You can lightly or firmly press them into the floor for more sensation.. Next, notice the support of the seat beneath you. Take a few deep breaths here.

2) SLOW EXHALE BREATH

Inhale through the nose, then exhale through the nose or mouth. Try to make your exhale as long as possible. It can help to exhale through the mouth with the lips pursed in a tiny opening, almost like a straw, to slow down the exhale further.

3) 3 PART YOGA BREATHING

Imagine inhaling into 3 different places in order from first to last: the belly (flows in & out), the ribs (flow side to side), & the chest (flows up & down). Inhale to each first individually to get the feel for that spot (you can place your hands there for more sensation & feedback). Then inhale into belly, ribs, chest, & exhale all 3.

4) 5-4-3-2-1 SENSORY ORIENTING

Notice 5 things you see (objects, colors, or shapes), 4 things you feel, 3 things you hear, 2 things you smell, & 1 thing you taste right now. If you do not have a taste or smell, think of the last one you encountered. Repeat as many times as needed.

5) SHAKE & SWIPE

Shake out an arm or leg (as fast our slow as you choose). After shaking, hold the limb still & swipe down it repeatedly with one hand. You can choose your own version of swipe: palm, fingertips, or gentle squeezing massage on the way down.

