Pause and ask yourself “What will this provide me?”
By pausing and asking yourself this question you’ll be able to step outside of the stressful moment and participate in a conscious way; making a decision that serves you in health.

The Power of Words
Replace every negative thought with a supportive, encouraging thought. The use of words can shift perspective in an instant and offer you space to think clearly in a stressful situation.

The Practice of Gratitude
Do your best to create a daily practice of gratitude. Keep a journal near your bed; before heading off to sleep, complete your list of 5-10 things you’re grateful for that day. Do the same upon waking in the morning.
Consider large and small things in life: spouse, children, health, job, and the smell of fresh-cut grass, the flutter of the aspen leaves, a good home-cooked meal or a great night of sleep. The possibilities are endless, and this practice will help you increase awareness in your life and appreciate your surroundings. In the end, it will lower your stress level and help you live a fulfilled life.

Breathe
Lower your cortisol with this breathing technique created by Dr. Andrew Weil. You’ll need to practice this every morning upon waking and at night before sleep.

1. Sit comfortably in a chair, feet flat on the floor, shoulders, neck and mouth relaxed.
2. Place tongue on the ridges above your front teeth and hold in this position for the duration of the exercise.
3. Breathe in through the nose for 4 counts, filling the belly full of air.
4. Hold breath for 7 counts.
5. Reminder: tongue should still be on the ridges above your front teeth.
6. Exhale for 8 counts, allowing the air to flow around the tongue as you exhale.
7. Repeat cycle 4 times. Work up to no more than 6 repetitions over time.