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7 Creative Ways to Managing Stress



1. Breathe

Notice and play with your breath.

Breathe deeply and calmly in and out of your belly 3 or more times a day.

Breathe in for the count of 4. Hold for 4.

Breathe out for 4-6. Hold for 4.

Repeat until you notice your physiology improve (usually within 1-5mins.)

Do this:

- a) When you wake
- b) Before you go sleep at night
- c) At a 3rd dedicated time each day – e.g. at midday or the 3pm energy slump
- d) Whenever you're feeling particularly stressed or anxious



2. Create

Spend 15 minutes a day writing.

Write as quickly as you can without consideration, allowing whatever comes out to fill the page. Or perhaps try crafting a poem.

Do a drawing as if you were 5 years old again using your non-dominant hand.

Paint your fruit bowl or favourite tree as if you were a famous painter enjoying the process with little regard for the result.

Try knitting, a pottery class or making something out of wood or paper.

Cook a new dish.

Rearrange a room in your home.



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3. Body

Yell, Sing, Stomp, Run, Stretch, Wriggle, Kiss. Hug
(yourself is fine!)

Invent a new signature dance move.

Try a yoga class.

Learn how to ride a horse/surf/sail/rock
climb/play golf/croquet.

Go for a walk along a beach or to the local park.



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4. Smile

Put a smile on your dial. Literally.

Turn up the corners of your mouth, draw your shoulders back and sit or stand up straight so your heart is open and forward.

Do this 3 times a day.

Add this to your phone alarm to remind you to do it if needed or put sticky notes around your home, office, and car to remind you.



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5. Kindness

Write a thank you note/card/message to someone. Send it.

Do something unexpectedly generous for someone today.

Pay for the coffee for someone behind you in the queue.

Smile at a stranger.

Enquire about a volunteer organization that you're interested in.



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6. Gratitude

Every night before turning the light off write down at least 3 specific things from the day that you're grateful for.

The more specific the better.

Fill a page if you feel inspired!

You can even be grateful for things that haven't happened yet that you want to happen!



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7. Task

Do something new or differently.

Clean your teeth with your opposite hand.

Get up an hour earlier than usual.

Try a food that you've never had before.

Take a different route to work or the shops.

Make one day a week TV and Social Media free.

Write your bucket list. Join an online book club.

Attend a lecture at a university or library.

Book a guitar lesson.

Even if you feel like you're too busy, stressed, stretched to consider such things right now book it now anyway - even if it's in the diary for 3 months time. Still do it.

... and bonus tip

8. Support

Book a clinical hypnosis &/or coaching package with me to take your life to the next level!

Mention this eBook for a 10% discount on packages of 4 sessions or more.

[Book Session](#)

Disclaimer - Breath work, action, tasking and play are scientifically proven cognitive and behavioural methods of healing and change. Please cease any activity that makes you feel uncomfortable or unsafe and if these suggestions are not welcomed or cause you any concerns please contact me or seek alternative professional advice immediately.



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