

## WAYS TO COMPLETE THE CYCLE

ADAPTED FROM - BURNOUT: THE SECRET TO UNLOCKING THE STRESS CYCLE

### Move Your Body (20 - 60 minutes a day)

- Go for a run
- Dance it out
- Go for a swim
- Ride your bike
- Shake it out
- Take a workout class

### Breathe

Breathe in for a slow count of five, hold that breath for five, exhale for a slow count of ten, and pause for a count of five.

Do that three times and see how you feel.

### Feel

- Cry it out
- Laugh it out

### Affection

- Hug someone you love and trust for twenty seconds
- Give your partner a kiss for six seconds
- Pet your favorite four legged friend for a few minutes

### Create

- Paint
- Draw
- Sculpt
- Write music, a poem, a story...