

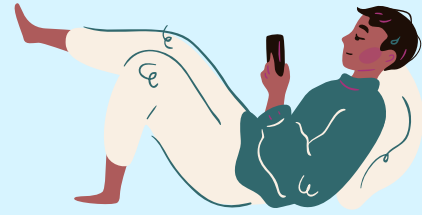


July 2024

Stress Management & Relaxation Techniques

www.rivergrovetherapy.com | 301-941-7086

Rooted at the river. A place to grow. A place to heal.



Each month, we spotlight a different aspect of mental health.

This July, we are focusing on relaxation and stress management.

Relaxation Techniques

- **Deep Breathing Exercises & the 5-5-5 rule:** Practice deep breathing exercises to calm your mind and body. Using the 5-5-5 rule, slowly *inhale* through your nose for 5 seconds, *hold* your breath for 5 seconds, and *exhale* through your mouth for 5 seconds. Repeat this cycle until you feel relaxed.
- **Progressive Muscle Relaxation:** Relax your muscles progressively by tensing and then slowly releasing each muscle group, starting from your toes and working up to your head.
- **Mindfulness Meditation:** Focus on your breath, observe your thoughts without judgement, and gently bring your focus back to your breath. This will help you stay present and reduce anxiety.



Please take a **stress ball** and an **essential oil** sample.

Essential Oils and Their Benefits:

Lavender blend (purple):
Calming & relaxing. Helps reduce anxiety and improve sleep quality.

Grounding blend (green):
Grounds and balances to enhance focus and stability.

Citrus blend (orange): uplifting & invigorating. Boosts mood and energy. Avoid sun exposure right after use.

Techniques for Managing Stress

- **Time Management:** Prioritize your tasks & set realistic goals. Break large projects into smaller, manageable steps. You can use your phone's calendar or a paper planner to stay organized.
- **Physical Activity:** Engage in regular physical activity, such as yoga, walking, or jogging. Exercise helps release endorphins, which can improve your overall mood and reduce stress.



As always, we are a resource to assist and support you in any way possible. We are here to help you grow. All are welcome.