MIND BODY CONNECTION
Experts have found that activities that link the mind to the body are the most beneficial at reducing stress. The following techniques aim to utilize the power of the mind-body connection.

RELAXATION TECHNIQUES TO REDUCE STRESS
Breathe & Focus
1. Take long, slow deep breaths with increasingly longer exhalations.
2. Gently disengage your mind from distracting thoughts.
3. Kindly bring your mind back to your breath.

CALMING DOWN
1. Combine breath focus with progressive muscle relaxation.
2. Move from muscle to muscle and mentally release any physical tension you feel.

GUIDED IMAGERY
Think of a place where you are happy and safe. Imagine the sounds, textures, and smells of that place.

GROUNDING WITH THE 5 SENSES
Look at your surroundings and notice…

1. things you can see.
2. things you can hear.
3. things you can smell.
4. things you can physically feel.
5. things you can taste.

MINDFULNESS MEDITATION
1. Sit comfortably.
2. Focus on your breathing.
3. Bring your mind’s attention to the present moment without drifting into concerns about the past or future.
4. When your mind wanders, kindly bring it back to your breath.

REPETITIVE PRAYER OR PHRASE
Silently repeat a short prayer or phrase while focusing on the breath.

- May I be well
- May I be happy
- May I be peaceful
- May I be loved

MINDFUL ACCEPTANCE
Mindful acceptance...
...invites you to adopt non-judgmental attitudes toward experiences.
...encourages non-identification of experiences as “good” or “bad” – they simply “are.”
...allows experiences to happen and accepts them as part of the human experience.
...reduces your body’s production of stress hormones and keeps you healthier.

NEGATIVITY BIAS
It is normal to fixate on negative experiences. Be kind to yourself in realizing this.

To use a QR code: open smart phone camera > scan code with camera > tap the link that pop-ups on phone screen

Guided Self-Compassion and Loving Kindness Meditations
Harvard’s Tips on Reducing Stress

Intermountain Employee Assistance Program
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