

*Relax and let go all tense, anxious personal striving.... Let Divine Ideas work for you.*

*—Myrtle Fillmore, How to Let God Help You*

## Stress-Relieving Tips

### Try one or more:

- Imagine tasting a little of your favorite sweet every hour (smile). Now instead, remember as you turn within for a few moments of sacred quiet that you can experience the delicious and even sweeter "taste" of Spirit ... each hour (bigger smile).
- If you add the [Health and Wholeness webpage](#) on UWM's website to your computer "Favorites Bar," within a moment's time you can have support for pausing and renewing!
- Stand once every hour for wellbeing, or better yet, take a 1-minute walk.
- Do **self-massage** for quick relief and a surge of feel-good endorphins.
  - Massage top of head
  - With both hands gently pull from middle of head down sides ... remember to breathe
  - **Brow Walk**
    - Press your thumbs against the sides of your nose just below your brow bone
    - Walk your index and middle fingers across brows
    - End with lightly rubbing your temples
- Ahhh in 3 seconds ... Simple relaxation
  - Notice when feeling pressure or tension
  - Place your attention onto your belly
  - Breathing, allow your belly to relax
- Sit, empty your hands and allow your arms to drop down to your side. Notice the relaxation beginning.
- Blow out through the mouth, then breathe in through the nostrils.

- Set a **mindfulness alarm** on your computer or smartphone to repeat every 30-45 minutes. This reminds us to take a moment to relax, focus on here and now, and remember the Truth we know. (Do an online search for “mindfulness alarm,” “mindfulness bell,” etc. to discover free resources.)
- Roll your shoulders up, back, around and repeat for 1 minute. This is *especially helpful while sitting at a computer* as it helps to prevent rounded shoulders. Good posture helps life energy flow and improves our breathing.
- Stand, stretch and breathe deep, focusing on releasing energy into the earth.
- Breathe deeply and slowly, repeatedly returning full attention only to your breath.
- Notice body tension and allow relaxation of jaw, shoulders, etc.
- Step outside and allow the beauty and feeling of nature to wash over you.
- Inside or out, take a moment to connect in mind with nature and the ground.
- Close your eyes and feel the supporting joy that you are loved and appreciated!
- *Affirmation:* I love and accept my humanity while honoring and following my divinity.