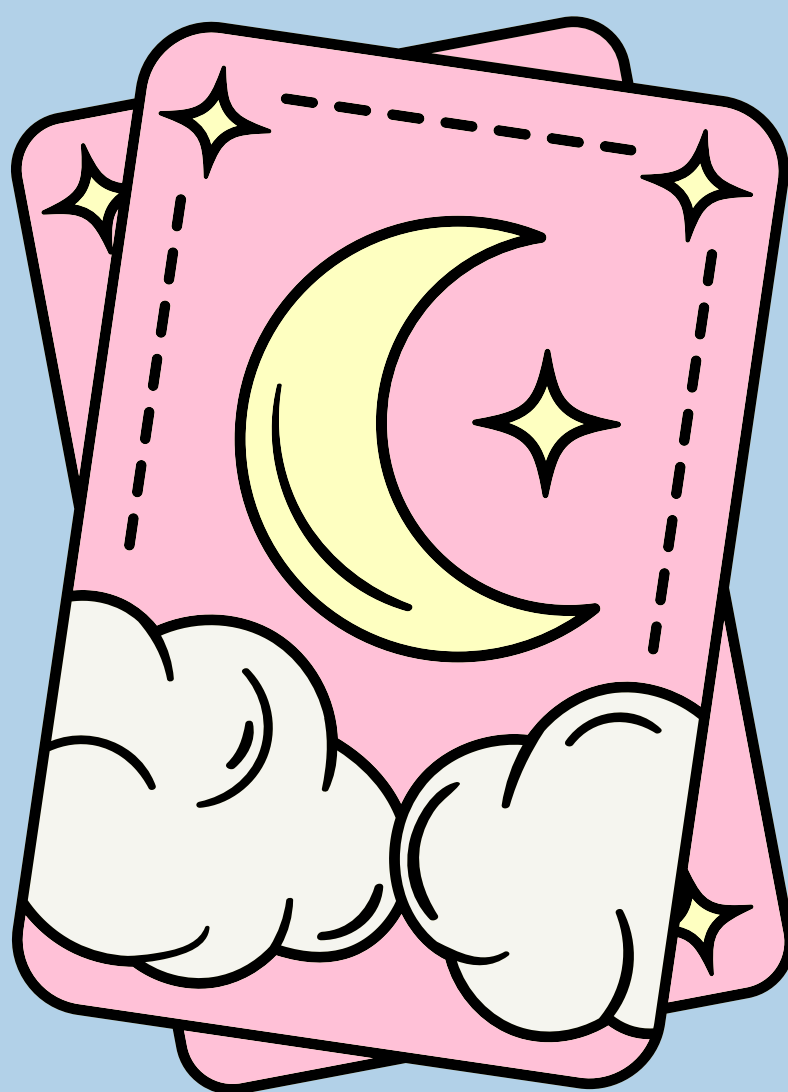




# *De-Stress Guide*

by Connor Hunter-Wern





*What's in  
the Guide?*

# Reading



An important aspect of my day is reading! I often associate reading with being close to meditation as it brings about deep relaxation and inner calm. Other than reducing stress, it can act as a means of escape from your work allowing us to live another life for a short time. You can travel, go on adventures, fall in love and overcome great adversity from the comfort of your own room. I would recommend checking out *Letting Go* by David Hawkins, and *The Power of Now*. Or maybe you'll prefer the poetic prose of Murakami!

# Stretching (Yoga)

Stretch even for a few minutes helps to relieve muscle tension, we carry stress in our muscles as a response to physical and emotional stress so stretching can help to let go of this. Including a bit of yoga in your daily routine can be so beneficial to your body, mind and breathing ultimately promoting relaxation. If you're looking for suggestions a personal favourite of mine is Yoga with Tom on youtube with yoga for all levels.



# Walking

Just like any other cardiovascular activity, brisk walking boosts production of stress-busting endorphins. In turn, reducing stress hormones so will decrease sensitivity to stress and pain. It can also make you feel euphoric! Don't forget you are in such a beautiful place and there are so many nature walks in Aberystwyth for you to follow and allow your mind to float away. Use your senses, see the colours, feel the air, listen to the sounds and be present..



# Meditation

Meditation can be a big word for some, but it is really just sitting with yourself and focusing on your breathing.

It can help us create a deep state of relaxation and a tranquil mind even if practised for as little as 3 minutes.

With consistent practising we will come to learn that we are not our thoughts! I have been practising meditation for over a year now and have noticed some really profound effects in my physical and emotional well-being.



## Checklist

Now, I'm not sure about you but if I don't have a checklist, I stress out way more than I need to, trying to think of what needs to be done. I've recently started to create one in the mornings and studies have shown that checklists can help to reduce the level of cortisol (hormone associated with panic, threat and stress). As things begin to be ticked off you will be most likely experience feelings of productivity and empowerment.



## Breathing

Taking a deep breath is one of the best ways to lower stress in the body. It fundamentally send a message to brain stimulating the vagus nerve, this has been shown to reduce anxiety. Recently, I have been practising breathing into the belly for a count of 5 seconds and slowly breathing out for a count of 5 seconds and have noticed some really profound effects in my day to day mental clarity and productivity.

Check it out!





# Power Nap



One of the most useful things I have found is taking a power nap. Studies show that naps around 10-20 have many benefits without the 'napper' feeling tired afterwards. The experts have noted many beneficial outcomes such as: increased alertness, boost in creativity, reduces stress, improves perception, stamina, motor skills and accuracy increase, boosts memory and mood.

## Get Inspired with Ted X

In my spare time, I love to learn new things from a TedX talk, there's a talk for everything so find one that resonates with you. Here are the top 5 most popular TedX - food for thought.

- Sir Ken Robinson – Do schools kill creativity?
- Amy Cuddy – Your body language may shape who you are
- Simon Sinek – How great leaders inspire action
- Tim Urban – Inside the mind of the masterprocrastinator
- Brené Brown – The power of vulnerability



## Music

One of the most important parts of my day is listening to music, I'll often be having a little dance session in my room by simply letting go. It can have profound effects both our emotions and on the body. Whether it's fast music making you feel more alert and concentrated better or slower tempo music quietening your mind, relaxing the muscles and can release stress of the day. Find the tempo right for you. Have a dance, have a chill – you've got this!

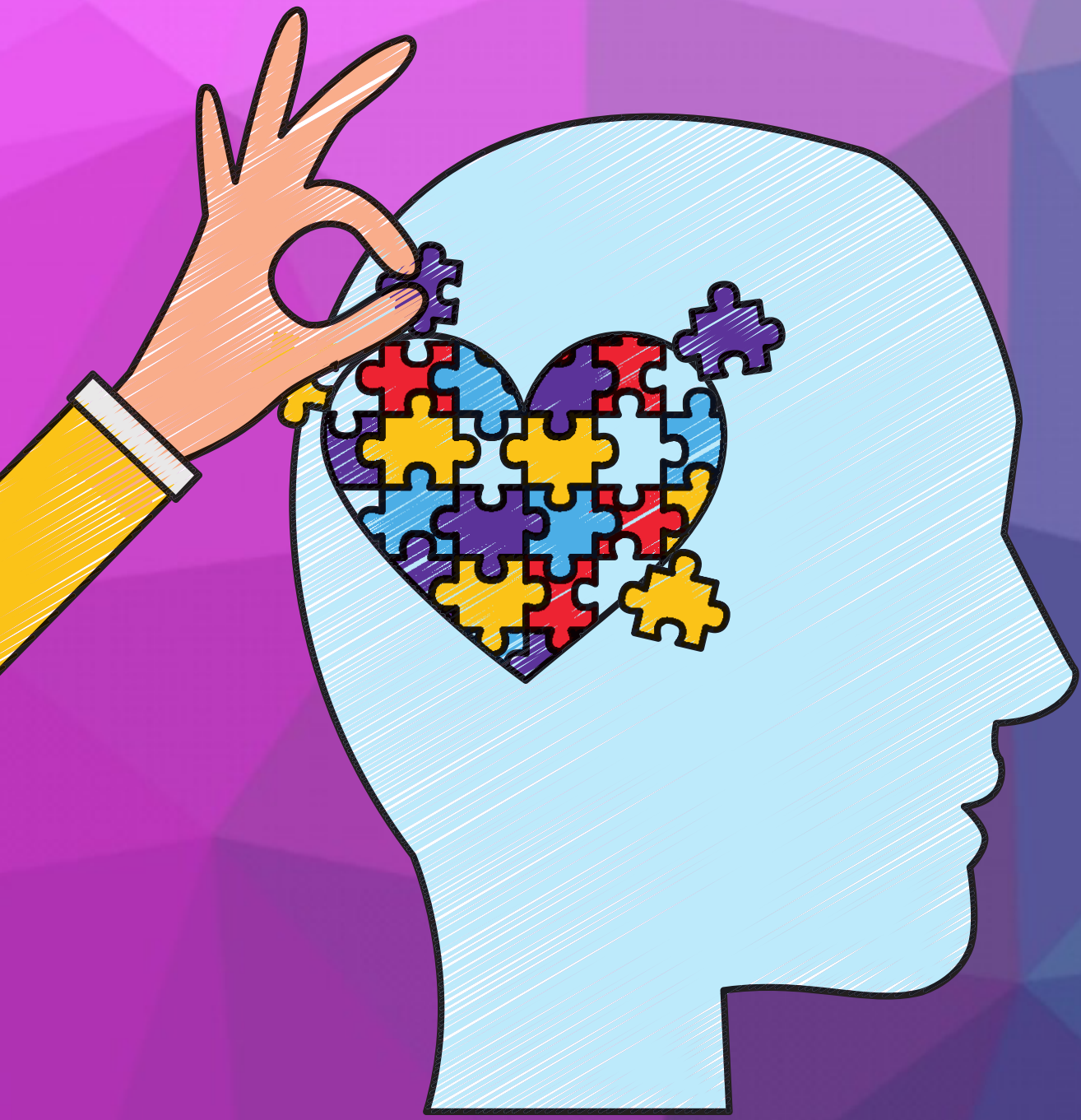
LOFI  
BEATS

SWEET  
DISPOSITION  
RADIO





# Mental Health + Support List



No doubt the most important point on the list. Being aware and listening to what you need during stressful times, you may realise that some of the above activities may not be for you that's why it's important for you to do what is necessary to improve your mental health. Here are some points of contact which can aid you in this process to make sure you are correctly signposted to receive the best possible support for you. We think you are doing amazing so keep it up and #StickWithIt

