

Managing Stress During Times of Crises: Practical Tips on How to Stay Calm and Support Your Immune System. Eating well, sleeping well, moving the body, yoga, connecting with others through chat or facetime, and meditation

Take a Breath

Did you know that [breathing](#) and thoughts are connected? When you feel anxious and stressed out, your breathing becomes shallow, rapid, and occurs from your upper chest. Mindfully directing the breath can trigger the brain to reduce the number of anxious thoughts and restore wellness in minutes.

Begin by taking an extended deep breath from the belly and release it through your mouth for **4-6 rounds**. This simple breathing exercise can bring attention to your body and trigger a rapid relaxation response

The free "**Breathe by Dr. Jud**" app provides short, on-demand, anti-anxiety exercises that can help you deal with stress and uncertainty. Download it for [Apple devices](#) or [Android devices](#).

And Jud shares, **Three steps to reduce your anxiety:**

1. Understand how your mind works. Become aware of the triggers and habit loops that drive anxiety.
2. Ground yourself through awareness of your body to calm down in the moment, stopping the habit loops before they take hold.
3. Practice responding more skillfully without the habitual responses.

Meditations can be downloaded from the internet. Lots of great ones on a variety of apps: Insight timer, Plum Village, Calm, Headspace

Other tips:

- Get good sleep - use a Body Scan meditation
- Eat well – practice mindful eating
- Regular exercise – yoga by adrienne or mindful movement Youtube
- Use social media mindfully – to connect with others
- **reduce the # of conversations about coronavirus and become selective about the news** – practice mindful consumption
- Connect with loved ones – call more, chat more, practice loving kindness meditation
- Start a Gratitude journal - one good thing every day that you are grateful for and why– find ways to stay positive while recognizing what is here to be known

Anyone interested in my Meditation Incubator is welcome – folks can email me at rhonda.schaller@gmail.com and it is free to all.

<https://commons.pratt.edu/meditationincubator/>