

# Stress Reduction Strategies



The first 10 minutes and last 10 minutes of your day are the most important times of the day

Check email 2 times a day morning & afternoon

Check text messages 2 times a day morning & afternoon

Grounding

Essential oils

Meditation

Listen to Binaural Beats

Put your phone on airplane mode at night and during work

Wear anti-glare glasses when working in front of the computer

Wear blue light blocking glasses at night

Himalayan salt lamps