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This article is about stressing less and finding space in our busy lives. We look at five simple things to do each day to reduce stress levels ... and hopefully turn, have a richer daily experience.

And don't forget, last time we discussed vulnerability ... how and why it can actually enrich our lives. Click [here](#) to find out more.

5 Simple Daily Stress-less Techniques

By Amanda Pulford
Director and Clinical Psychologist
BPsych (Hons) MPsych (Clin)

If you don't feel stressed ... at all ... then maybe stop reading now. However, if there are days where life feels crazy, chaotic, out of control or maybe just flat out busy, then this article is for you. Stress, in small amounts, can be useful – it can help motivate us, help us accomplish things, and can actually make us feel energized. However, stress in larger amounts can be really unhelpful – it can lead to overwhelm, procrastination, and even physical illness. So how do we stress-less when we have so many daily demands? Read on for five simple daily techniques that might help you do just that ... stress-less.

1. **Move** : Find ways in your day to move – whether this be a scheduled work out, a walk to a coffee shop (that's not just around the corner), or even a walking catch up. This can help to clear your mind, and refocus and reenergize you.

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AWAKEN PSYCHOLOGY

Healing Through Growth
118 Partridge Street
Glenelg South SA 5045

e : amanda@awakenpsychology.com.au

w : www.awakenpsychology.com.au

fb : www.facebook.com/awakenpsychology

t : www.tumblr.com/blog/awakenpsychology

p : 0488 954 195

f : 08 8294 3100

2. **Smile** : Smiling ... even if it's a fake smile ... can have a positive impact on your mood (and research backs this up). Try it! It's hard to be frustrated while you're smiling 😊
3. **Go** : Spend some time each day outside – breathe in, breathe out – connect with nature – enjoy the Vitamin D. It's good for our physical and mental health.
4. **Give** : Help someone out. This could be as simple as holding a door open for someone, talking on the phone to a friend in need, or helping a co-worker.
5. **Do** : Do something you love. Maybe you can give yourself permission to read, take a bath, listen to some music, or look at photos of loved ones. Often a small act of something we love can turn a difficult day into a better day.

So make a conscious choice to do these five things each day. Try it for a week and see how you feel.

However if these techniques haven't helped to turn your difficult days around, then maybe the assistance of a professional is for you.

If you would like support in working with your thoughts, feelings and behaviours, please feel free to contact us on 0488 954 195, amanda@awakenpsychology.com.au or [click here](#)

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