

5 Easy Ways to Reset Your Stress and Avoid Burnout



Use our A, B, C, D, E model for some easy ways to reset your stress. These 5 simple steps are just some little things you can do to take time out of your day and help beat burnout.

[Find out more at thethrivelab.com](http://thethrivelab.com)



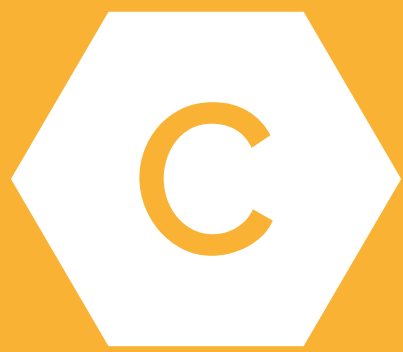
ACTIVITY

Physical activity, such as going for a short 10 minute walk, can help massively with stress. Nature is also a great stress reliever, so if you can get out and about in nature, that can really help lower stress levels.



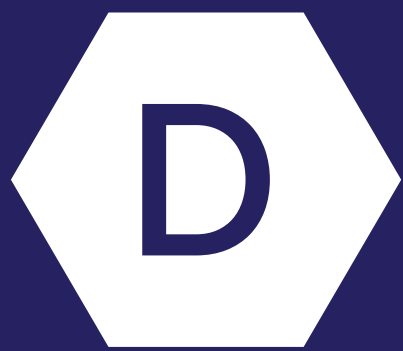
BREATHING

Breathing exercises are a quick antidote to stress, and can take as little as 1 minute. Look up box breathing or 7/11 breathing on YouTube to find many examples of these exercises. Just find one that works for you and can be done quickly and easily.



CONNECTION

Having positive and supportive relationships and feeling connected to other human beings can help reduce feelings of stress. How can you build more positive relationships into your life?



DIRECT EMOTION

Laughing and crying both release stress hormones. The saying “laughter is the best medicine” has some truth! Creative expression of your emotions through writing and the arts can also help you process what you are experiencing. Consider watching films as a way of releasing emotion.



ENVIRONMENT

Nature is known to have a beneficial effect on your wellbeing. Getting outside and taking notice of nature can bring down stress hormones and help you think more clearly.