



## THE GAME OF CHANGE

# 5 techniques to reduce stress

Quick and easy ways to relieve stress quickly, no matter where you are or what you're doing.



## 1 Before you begin your day, wear a big smile, even if you have to fake it.

It gives your brain the impression that you are happy, and you start to feel happy. This mood of the day has a significant positive effect on how your day progresses. Isn't that better than getting up late, letting bad traffic ruin your mood and further delay you to work and for that important meeting? Cursing and having a bad state of mind before you've even started hardly helps take on the rest of the day.



## 2 When you are stressed/anxious, try a “brain gym” puzzle or game such as Suduko or a crossword.



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## 3 Contrary to perception, cooking and ironing are not “wasted energy.” They’re actually great Zen exercises.

Cooking engages your brain as it involves most of your senses: touch, sight, smell, and feel. If you have to cook on a daily basis, it's true that it can become a stressful chore, especially in the mornings before work or evening when you're tired. This is a great boundary management opportunity. Outsourcing your cooking on working days will allow a better work-life balance, and the same goes with ironing. When you choose to do it, use it to slow down and be in the moment to unwind.



## 4 Practice a 3-3-6 breathing technique to help relax and put your brain in the Zen state.

This works despite any fear, anxiety or stress. Remember: when you breathe in, your tummy goes out, and when you breathe out, your tummy goes in. Sit in a comfy position (standing is fine too) and breathe in slowly to the count of 3, hold to the count of 3, and breathe out even slower to the count of 6. At the end of just 2 such rounds, you'll feel the shift in your energy to a calmer state.



## 5 Being physically active supports mental health by releasing happy hormones into the system.



Go for a walk where you can see trees. If you can walk in a park or waterfront, even better. Nature adds her healing touch: the fresh air will reawaken your brain. Getting back to nature will automatically reduce stress and calm your nerves. It can lower concentrations of cortisol, the stress hormone. It will lift your spirits!

*Life is about balance and you always have a choice, however difficult it may seem. If you give more time to cooking, it will come at the cost of you efficiently handling your professional life. My top tip: engage more with the things that keep you mentally fit and you'll soon be handling everything with ease!*





# Win the game of change with me

I know you sometimes feel like you can't win. When you feel like you succeed at work, you falter at home. These guides are made just for you, brave daughter, mother, professional, manager, entrepreneur, homemaker, dreamer, and achiever. Whoever you are, I'm here to equip you to find balance and reach your Zen state, just like I learned to do.

Wouldn't it be amazing to feel like you could take on anything life can throw at you?

Visit my website [coachingwithgeeta.com](https://coachingwithgeeta.com) to download more free and premium resources just like this one.

## ABOUT ME

Geeta Ramakrishnan is an ontological coach who grew up in Mumbai, India.

She is the author of the Amazon #1 bestselling book *The Game of Change*. She is keenly interested in and intrigued by human behavior.

She is on a mission to empower women to win the game of change by providing the tools to lead a stress-free and meaningful life, in joy and peace.

