

WE ARE ALL IN THIS TOGETHER

EASY-TO-USE TOOLS TO SHIFT EMOTIONS AND RELEASE STRESS, courtesy of Karen Jovin, MA

We all live very busy lives and yet, we all need to take micro-breaks so we can take a breath, reset, and refocus our thoughts and energies. Below are some portable tools to help us re-balance and experience inner peace and harmony.

PERSONALIZED QUICK COHERENCE TECHNIQUE, Heart Math Institute: Create a state of coherence in about 60 seconds by releasing stress and stopping draining emotions such as frustration, irritation, anxiety, and anger.

It is necessary to develop and link 1, 2, and (3) together so they **can be accessed in stressful situations**. The more you practice any tool, like a muscle, it will grow stronger, allowing you to recall and regain coherence **when triggered and need it most**. **Coherence = Regular heart rate.**



Step 1: Make a sincere attempt to recall a situation in your life when you felt joy, at peace; ease, like the world had your back. Relax into that feeling.

Step 2: While keeping this image in mind, breathe in, bring the breath in, and touch your heart then breath out. Inhale 5 seconds, exhale 5 seconds.

Step 3 (Optional): My intention for this conversation/shift/day is: _____

EMOTIONAL INTELLIGENCE: TOOLS FOR SHIFTING EMOTIONS BY TAKING ACTIONS

Take Action

When **悲**
Sad

- Think of a healthy distraction, funny movie.
- Change of scenery – walk somewhere new
- Be with people in a low key way.

Come back to the issue later, once you've had a chance to shift your mood

For the best of your beloved pet




Take Action

When **ANGRY**

- Be curious, "Why is this so important to me."
- Reframe, "What might be going on for them?"
- Breathing exercises

All 3 these actions will redirect blood flow back into the mind and away from fight or flight response.



- **TIKTOK SHARE THE JOY VIDEOS:** <https://bit.ly/2yeA92D>, <https://bit.ly/3dJ7GRu> courtesy of **Jennifer Giron, RN**
- **CCHS INTEGRATIVE HEALTH PROGRAM:** <https://cchealth.org/centers/services-ih.php>, courtesy of **Michelle Wong, MD**
- **COVID WELLNESS TIPS IS NOW ONLINE:** CHECK IT OUT. <http://tiny.cc/CCHSWellness>

WE CARE FOR YOU AND WE THANK YOU. PLEASE SEND YOUR BRIGHT SPOTS, AND TIKTOKS TO COVIDWELLNESS@CCEALTH.ORG; [HTTPS://BIT.LY/3DJ7GRU](https://bit.ly/3dJ7GRU). TEAM MEMBERS: PATRICIA HENNIGAN, HELENA MARTEY, BRIAN M. JOHNSON, KRISTIN MOELLER, JACQUELINE MOSTOW, SAMIR SHAH, ALAN SIEGEL, SONIA SUTHERLAND, ARLENE TRIMBLE.