

ENERGISING *goals*

20 WAYS TO RELAX
IN 5 MINUTES
OR LESS



WELCOME



Hi my name is
Beata Justkowiak
and I am
probably the
most energetic
psychologist
you've ever met. I
do what I always
wanted to do, I
help busy women
to get from stuck
and struggling
with life's ups and
downs, to feeling
confident,
energised and
balanced.

In my 12 years of doing this, I found combination of psychology and life coaching being very practical, and one of the most common thing people ask me about is “How can I implement everything I’ve learnt about myself during retreats in real life?” and that is exactly why I created this free guide so that you can get all the benefits from my Fit Chill Out Retreats and RELAX your MIND at home in 5 minutes or less.

There are hundreds of things on your to-do list, unfinished breakfast smoothie is still at the table and the next work call starts in exactly five minutes.

In other words, it’s the perfect time to relax. When we’re feeling frazzled, a weekend retreat might be just the thing to calm our nerves.

But while getting away for some me-time is a great idea, what do you do ‘in real life’ before your next chillout trip comes around?

I’ve rounded up 20 ways to relax and relieve stress in just five minutes or less. From sipping tea to trying some pranayama breathing, all these tactics can create calm during tough time.

But but but, please remember I don’t have a magic wand. (Sorry!) You might have to try these techniques two-three times to see the benefits and make dealing with stress a regular practice for improved focus, clarity and connection.

20 WAYS TO RELAX IN 5 MINUTES OR LESS

1. Sip Green Tea

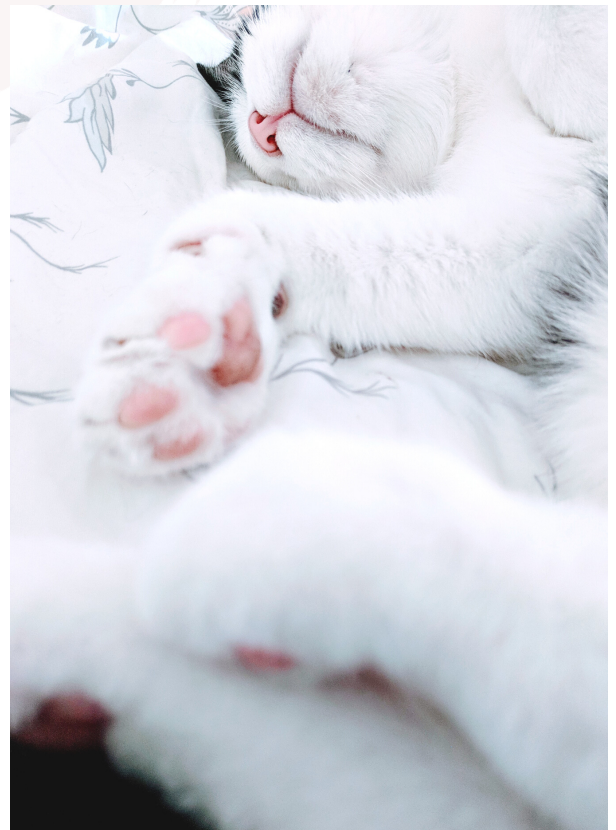
Instead of turning purple with rage, get green with a cup of herbal tea. Green tea is a source of L-Theanine, a chemical that helps relieve anger. Boil the water, pour it out, and take a soothing sip.

2. Slurp Some Honey

Replace stress with sweetness and try a spoonful of honey. Besides being a natural skin moisturizer and antibiotic, honey also provides compounds that reduce inflammation in the brain, meaning it fights depression and anxiety.

3. Bite Into a Mango

Take a tropical vacation without leaving the desk chair. Use a five-minute break to peel, slice, and bite into juicy mango, which packs a compound called linalool that helps lower stress level. Don't fret about the juice dripping down your chin – the stress relief is worth the mess.





4. Munch a Crunchy Snack

Sometimes there's nothing more satisfying than crunchy snack when we're stressed. One study found stressed adults craved crunchy and salty snacks more than usual. But that salty crunch doesn't have to be so sugary – a handful of trail mix, bag of celery and carrot stick, or rice crackers will work just as well.

5. Meditate

No time to go on FitChillOut Retreat? Five minutes of peace is all it takes to reap the benefits of meditation. There's evidence that just two quick bouts of silent or guided meditation per day can relieve the stress and help you refocus.

Tip: you can try my favourite apps – Calm or Head Space

6. Remember to Breathe

Is there a simpler way to relax? Slow, deep breaths can help lower blood pressure and heart rate. For the fancy noses out there, try pranayama breathing, a yogic method that involves breathing through one nostril at a time to relieve anxiety and feeling of being overwhelmed. The technique's supposed to work the same way as acupuncture, balancing the mind and body.



7. Try Progressive Relaxation

Anxious? Just squeeze, release, repeat. Progressive muscle relaxation involves tensing the muscles in one body part at a time to achieve a state of calm. The method (also used by actors and athletes) is a great way to help fall asleep in the evening.

8. Count Backward

Nope, it's not IQ test, but it is a way to reset your brain. When worries take over, try slowly counting to 10 and then back again to calm down. It's harder to freak about upcoming date or work presentation when you're busy remembering what number comes before seven.

9. Give Yourself a Hand Massage

When there's no professional masseuse in sight, try DIYing hand massage for instant relaxation that calms a pounding heart. Massages can be especially helpful for people who spend a lot of time typing on a keyboard. Hands in general can carry a lot on tension. Apply some luxurious lotion and start kneading the base of the muscle under the thumb to relieve stress in the shoulders, neck and scalp.

10. Try Acupressure

Acupressure's a kind of touch therapy that works by balancing the circulation of fluids and energies in the body. Use the thumb and forefinger to massage the soft area between the thumb and index finger of the other hand.



11. Release the tension in your jaw.

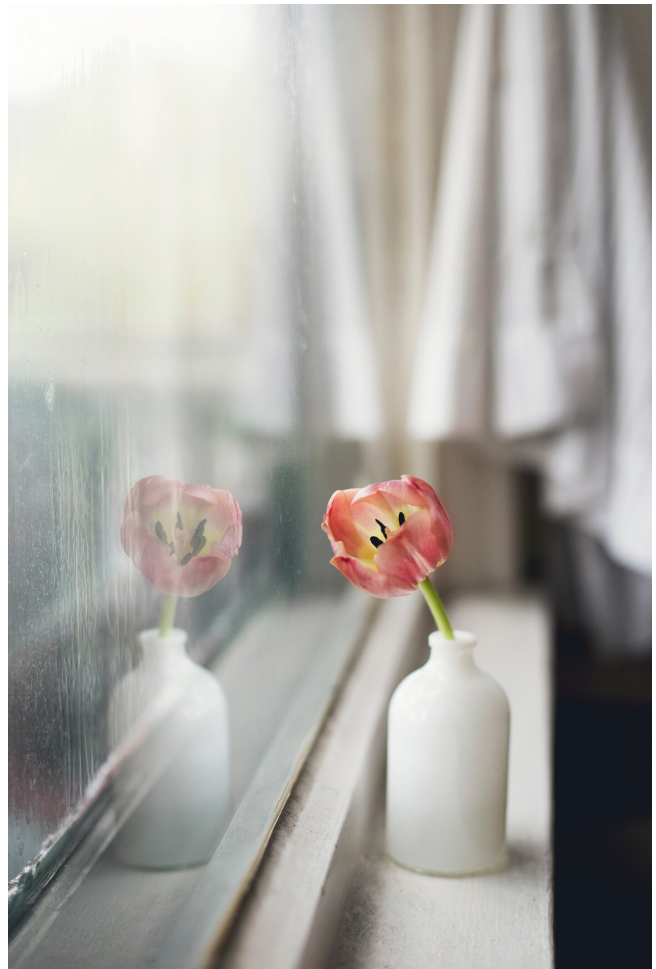
Many of us carry tension in our jaw, often unknowingly. To loosen the tension, open your mouth wide for half 30 seconds or so, breathing naturally through your nose. When you feel you've stretched a bit, allow your mouth to gently close.

12. Drip Cold Water On Your Wrists

Pass on the perfume and go with water. When stress hits, head for the bathroom and drop some cold water on your wrists and behind your earlobes. There are major arteries right underneath the skin, so cooling these areas can help calm the whole body.

13. Find the Sun

Here comes the sun— and some stress relief. If it's a sunny day, head outside for an easy way to lift your spirits. Take a five-minute break to do nothing but stare at the nature. Looking at nature scenes like trees and public parks can be a lot more relaxing than staring at the screen.



14. Get Organized

A stack of papers, three tape dispensers, a bunch of misshapen paperclips: All this clutter could be contributing to stress. Take a few minutes to reorganize your desk (or table, or handbag, wherever you are), leaving just what you need on top.



15. Do Some Yoga

Put your feet up—against the wall, of course. The Vipariti Kiraniyoga pose involves lying on the floor and resting the legs up against a wall. Not only does it give the body a good stretch, but it helps create peace of mind, too.

16. Take a Quick Walk

When you're feeling overwhelmed or having trouble concentrating, go for a quick stroll around the block. You'll get the benefits of alone time, physical activity, and a few minutes to gather your thoughts!



17. Write It Down

Just putting our emotions on paper can make them seem less intimidating.

18. Dance

To the music! Research suggests people feel less anxious after a few months of modern dance, but if that's not your style, five minutes of the funky chicken probably works, too. (At the very least, dancing's a great form of cardio!)

19. Do a Crossword Puzzle

Number 10 across: Anxious, overwhelmed, or freaking out (seven letters). If you guessed “Stressed,” you’re in good shape to try some crossword puzzles. Brain games that require lots of concentration can help take our mind off whatever’s worrying us .

Tip: you can try my favourite app with brain games - Lumosity

20. Start planning a Vacation

Crashing waves, warm sand, a gentle breeze ruffling your hair. Well, at least the image is nice. Take a break from work and start browsing the FitChillOut.com for some future vacation spots. Sometimes the whole fun of a trip is in knowing when it’s coming.

The best way to truly unwind is to really understand what works for you. Some people unwind with vigorous run and others by stretching the body. Simple trial and error will help you find the best strategies for you.

