

Exercising

One of the best things you can do to handle stress is to exercise. You can use any kind of movement to help get stress out of your muscles.

Try walking your dog if you have one, go for a jog or play football. Anything that keeps you moving.

Just moving your arms up and down or rolling your shoulders back and forth can help you feel less stressed. For real low impact stuff you can even do these sitting in a chair or at your desk.

Try some breathing exercises.

Close your eyes and sit up straight. As you inhale deeply, slowly count to yourself one, two. Hold your breath on three, and then let the air out for four and five. Hold your breath again, six, seven. Repeat three more times, then open your eyes.



Record your reflections and evidence of impact in  within Spongey Elephant