

# **Stress Management**

Pick a window and just

next to it to breathe in

the fresh air, or run

around in circles in my

room

Hey Babes! In light of Stress Awareness

Month we asked some of you what you do
to manage your stress. have collected a
bunch of really useful of coping strategies
for Managing Stress

**White Supremacy Culture Info** 

Take your mind off things every now and again - play a game to get that dopamine hit.

#### Yoga

- Yoga East
- Divya Bala YouTube
- Hot Yoga
- Black Yogi Nico Marie
- <u>8-Minute Yoga for Self-Love</u>

Beach and chill

**Smashrooms** 

**Talking Alot** 

#### Exercise

- Cycling
- Walking
- Roving
- Running
- Spin Class
- Dancing

ADHD BABES
Support

Group

#### **Apps**

- Tiimo
- Laundryheap
- Self Care Game

Fave song on repeat

# **Aroma Therapy**

- Frankincense
- Rose
- Ylang Ylang
- Lavender
- Cedarwood

#### DANCING!!

Moving my body

#### Music

- Look, just sit back and stop
- Lofi Hip Hop
- Black Girl Magic
- Chill Drive

Star gazing

Feel free to switch up your routine, if you get bored that is ok

# Meditations & Mindfullness

Travelling—Get out of the country"

Self Massage

- 10 Minutes of Ujjayi Breath
- <u>5 Minutes Loving-Kindness</u>
- A Meditation for GroundingYouTube
- 10-Minute Guided Meditation for Beginners to Clear Thoughts
- 5 Minute Mindfulness Meditation

Scream into the abysss

### **Animals**

- MejooandCats
- Pet therapy Petting Cats and Dogs

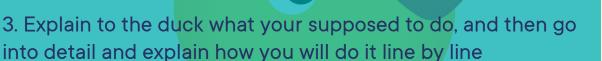


# **Rubber Ducking**

#### ADHD Babes Rubber Duck method for Destressing

The rubber duck destressing method is as follows:

- 1. Beg, borrow, steal, buy, fabricate or otherwise obtain a rubber duck (bathtub variety).
- 2. Place rubber duck on desk and inform it you are just going to go over your task for the day, if that's all right.



4. At some point you will tell the duck what you are doing next and then realise that that is not in fact what you are actually doing. The duck will sit there serenely, happy in the knowledge that it has helped you on your way.

Note: In a pinch a coworker or friend might be able to substitute for the duck, however, it is often preferred to confide mistakes to the duck instead of your coworker.