



I am sending you well wishes and hope this message finds you and your loved ones healthy. I know we are all dealing with this difficult time and I wanted to send some helpful tips and suggestions. I have been practicing what I preach and found many of these suggestions personally helpful. Please take time and effort to practice daily selfcare.

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### ***Six relaxation suggestions to reduce stress.***

1. **Breath focus.** *In this simple, powerful **technique**, you take long, slow, deep breaths (also known as abdominal or belly breathing). ...*
2. **Mindfulness meditation.** *... Try creating your own healing/peaceful mantra*
3. **Yoga, tai chi, and qigong.** *...see links below for Yoga suggestions ( I like the yoga/stretch video as well- scroll and find the classes that interest you)*

<https://www.youtube.com/user/yogawithadriene>

<https://www.youtube.com/watch?v=v7AYKMP6rOE>

Try the app GoNoodle for kids- scroll to FLOW section for relaxation.

4. **Repetitive prayer.** *A suggestion for those interested: Dear Lord, please grant me **peace** of mind and calm my troubled heart. Give me the strength and clarity of mind to find my purpose and walk the path you've laid out for me. I trust your Love God, and know that you will help heal this stress. Please give me strength and patience during this difficult time. I know you are here with me just as I know the sun rises each day.*
5. **Try something new-** *Cook/bake a new recipe, read a new book, try a new game,...*
6. **Limit news and news related social media and read information aimed to increase peace and happiness.**

**Dr. Abel shared her Blog with us:**

<http://www.anxietystlouispsychologist.com/new-blog>

*~All my best, Dr. Huy*