

# 21 Wild Hearted, Creative Ways to Reduce Stress and Boost Energy Fast



By Paula Holland De Long ACC, CPCC

WHAT'S NEXT FOR MY LIFE?™

1. *Take 5 deep mindful breaths with your eyes closed.* Breathe into the areas of tension, and release tension on the exhale. This sequence will immediately calm anxiety, frustration, and other dramatic emotions, allowing for new perspectives and choices to appear.
2. *Make a big smile and nod your head for 90 seconds.* Fake it till you make it. Doing this practice for 30 – 60 seconds multiple times a day builds positive energy and lessens stress.
3. *Walk the Finger Labyrinth (Maze).* In less than two minutes you can transform mind chatter into ease by slowly moving your finger through a small finger labyrinth. Want to try it? Download your personal finger labyrinth at <https://adobe.ly/2wrWSUh> .
4. *Take off your shoes and stand in the grass, sand, or dirt.* Imagine a white light running up your spine to the top of your head. Then bring the light back down your spine, down your legs and into your feet. Imagine the light going through your feet, rooting into the earth, grounding you in the healing energy of Mother Earth.
5. *Do some jumping jacks.* This exercise calms the brain and recharges the body.
6. *Play outside in the rain.* Get wet, jump in puddles, and be silly with childlike abandon.
7. *Close your eyes and imagine the best time you've ever had.* What are you doing? How did you feel? What smells, tastes and sounds are you experiencing? Move deeper and deeper into the experience until you start to smile.
8. *Ask yourself what your pet would say or do.* During stressful moments, asking this question breaks tension with humor and opens the door to perspectives you might have never considered.
9. *Shake yourself silly.* Pretend your bones are rubber. Shake your hands, arms, feet, hips, head, and neck in whatever way, shape or form that feels right. This re-energizes the body, mind and spirit.
10. *Color a Mandala.* Nothing reduces stress and rejuvenates us more than tapping into our right brain. You immediately shift from mind chatter to peace. Plus the sacred nature of the mandala allows your subconscious to release and process stress and other emotions that drain you. Get your 21 Ways Mandala Coloring Pack at <https://adobe.ly/2JMI8cl> .
11. *Give yourself a great big hug.* Wrap your arms around yourself and squeeze. Notice how good you feel then. This simple process creates compassion and feelings of safety.
12. *Laugh Out Loud.* Need I say more? It is proven that the more we laugh the better we feel.

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13. *Scribble with your non-dominant hand.* When something upsets you or creates stress or anxiety, this is one of my go to release tools. Keep going until you feel complete. (You will not be able to read what you write). If it resonates with you tear the paper into little pieces or do an energetic burning ritual.
14. *Create a visual anchor for your Happy Place.* Imagine yourself in your favorite place in the world. Find pictures or words that represent this place for you and put them where you will see them regularly. Imagine yourself in this place whenever you feel tired or stressed.
15. *Release frustration using gibberish.* You will laugh out loud when see this one. Watch the video <https://youtu.be/ofWG0L7qp1w> . This is a great tool for releasing frustration and anxiety, and preparing for difficult conversations or vulnerable moments.
16. *Move your body to someplace different.* You can quickly clear out tension by stepping outside, turning and facing a different direction, going into a different room, or looking out the window.
17. *Do a Happy Dance.* Use this for no reason other than celebrating being alive. Repeat as often as possible.
18. *Eat chocolate.* Repeat as needed.
19. *Turn up the volume and sing and/or dance along to your favorite song.* The combination of singing and moving our facial muscles closes of stress and anxiety energy and boost relaxation.
20. *Use an Energy Release Balloon.* Breathe deeply and imagine yourself blowing any negative energy into a balloon. When you're done, imagine releasing it into the air and floating away.
21. *Give yourself a standing ovation.* This is an absolute game changer. When you feel good about what you accomplish; when you try and fail spectacularly; if you feel not good enough, give yourself a standing ovation and feel your energy rise. The more you acknowledge yourself, the more you boost your day-in, day-out energy.

Many of these ideas probably feel somewhat silly, embarrassing, undignified and childlike. They're meant to. Giving yourself permission to set aside your adult self is critical to reducing stress and bloating energy. Let's face it. Being serious and practical all the time is NO FUN. Our hearts yearn for fun, joy and ease. I challenge you to play with these activities and keep an open mind and heart. Find the ones that feel good to you and use them. You'll be glad you did.

**Do you know that having more energy will make your life better?  
Are you ready to make it happen? If so, let's talk.**

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