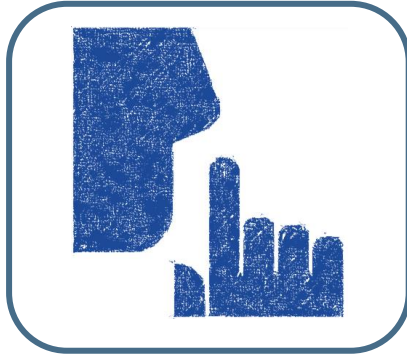


# In the Moment Ways to Lighten the Stress Load

We are all very different when it comes to what helps us find calm. Tapping into Step 3 (*Reduce*) of the Shanker Method®, this tool provides a few examples of the many ways to lighten your stress load in the moment with adaptive coping mechanisms.



Quiet Time



Playing Outside



Fidgets



Yoga



A Hug



Cycling



Breathing Exercises



Listen to Music



Singing

Want to make your own poster? Use the *'In the Moment Ways to Lighten the Stress Load DIY* tool.