

## Anxiety, Stress & Depression

### STEP 1: Three Acts of Gratitude

Be specific. If you choose your family, your job and your health every day - It will not work! Do these steps daily for at least 21 days.

### STEP 2: The Doubler

For two minutes each day, think of one positive experience that's occurred during the past 24 hours. Bullet point as many details as you can remember.

### STEP 3: The Fun 15

15 minutes of cardiovascular exercise a day - It's equivalent of taking an anti-depressant. It's not a replacement for anti-depressants. Your brain records a victory, releases endorphins and that cascades to the next activity.

### STEP 4: Breathe

Take your hands off your keyboards for two minutes a day and simply watch your breaths go in and out. Increase accuracy, improve happiness and drop stress levels.

### STEP 5: Conscious Acts of Kindness

Spend two minutes a day doing something kind for others. Send a positive email or text to co-worker, hold the door open for someone, or even smile as you pass people in the hall.

### STEP 7: Avoid Social Comparison

Be kind to yourself. It's hard to be happy when you're being mean to yourself.

### STEP 8: Nurture Relationships

Pick relationships in need of strengthening and invest time in healing, cultivating, affirming and enjoying it.

### STEP 9: Practice Spirituality

For two minutes each day, think of one positive experience that's occurred during the past 24 hours. Bullet point as many details as you can remember.

### STEP 10: Do More Activities

Do more activities that truly engage you. Increasing the number of experiences at home and work which you "lose" yourself.