

Out-of-the-Box Stress Management Techniques



Stress isn't the enemy; it's the not recovering from stress that creates complications

The same stress relief techniques get boring: it's time to experiment with alternative approaches to relaxation! Play around to find what works for you



Scribble! Art is relaxing, but scribbling is freeing. Take any implement and go to town

Seriously wound up? Shove your face in a pillow and SCREAM. Trust us, it feels good



Check out ['F*ck That: An Honest Meditation'](#) – and thank us later

Swap your regular run for a trampolining session, and bounce the stress right out of you



Throw yourself into a full body dance that allows you to wiggle and wriggle and jiggle every last part of your body

Swear! Letting out a series of expletives (alone, or in select company) can bring stress levels right down



Try [the moment pebble](#) – a non-techy, offline solution to guided breathwork

Let off steam at a [rage room event](#) or explore the myriad benefits of cold therapy – from cryotherapy, to plunge pools

