

10 Strategies to *get out of your head* and back into your body...

1. Go for a walk. *Especially* in nature. While walking, look and notice things around you, spend energy noticing the details of the trees, or buildings, **NOTICE** the color of the sky.

2. Exercise is always on the top of these lists for a reason. The endorphins released through physical exertion not only get you back in your body, they can create *feel-good* emotions beyond the actual exercise. **Bored of your current routine?** Try a new modal: SWIMMING, bicycling, *boxing*, martial arts, jazzercise, *yoga*, dance, BATTING CAGES, bowling, **weight training**, etc.

3. Get a massage or other pampering experience. The act of being taken care of physically can go a long way to quieting pesky thought traps that keep you disconnected from your body.

4. Garden *and get your hands dirty.* There is currently research happening on how getting in contact with dirt can be good for your immune system!

5. Use *release* rituals there are several in the Wild Money book and journal. You can also use an internet search to find "release rituals" to try, some involve writing down your worries and burning the paper, or tearing it up and burying it, or letting it fly away on the wind.

6. EFT... Emotional Freedom Technique can be a GREAT STRESS-RELIEVER and often helps you to reveal the underlying issue, and then through meridian accupressure, to work through and *deminish* its hold on you and your mind.

7. Take a hot bath or hot shower, adding *essential oils* can let your senses take over and allow your running mind a quiet rest. Make sure to **MINIMIZE** possible interruptions by silencing your cell phone and asking those you share your space with to allow you time alone.

8. Breathe deeply, and sleep Your breath is often the first fatality of stress. Take the opportunity to consciously breathe. A few deep breaths can make everything calm down. **AND IF YOU'RE RUNNING ON A SLEEP DEFICIT**, catch up on your sleep! Resting well is a sure way to get out of your head and back into your body.

9. Pet an animal. There are studies that show petting an animal like a dog or cat can *release calming endorphins*¹, bring a smile to your face, and calm an overworking mind.

10. Read a great book Engrossing yourself in another world, like that of a great book can *take your mind off* of your current situation, and allow your body to relax. Do not underestimate a good t.v. veg-out session either... as long as you know it's **not procrastination!**

¹<http://www.mayoclinic.org/healthy-living/consumer-health/in-depth/pet-therapy/art-20046342>

