

10 Ways for Therapists to Destress in Less than 5 minutes

Being a therapist in a modern world can be stressful. Use these quick destress tips to take care of yourself in each day.



1. Spend a minute or two when you wake noticing your breath. Slow it down and breathe from your diaphragm. Do this before each session also.
2. Spend some time in solitude each day, give yourself a break on being "on for others". This moment is just for you.
3. Use a mindfulness app and do a bite sized meditation or calming exercise. The Smiling Mind is free and has some super quick ones
4. Have a mindful cup of tea or other hot drink
5. Eat something that you enjoy – slowly.
6. Go for a brisk walk or quick cardio spurt.
7. Have fun, be silly, put on some music that you love and dance
8. Stretch your body. Breathe into every stretch, noticing how your body feels
9. Have a shower and instead of thinking, notice all the smells of the soap, the sounds of the water, the warmth of the water, the feeling of the steam as you breathe.
10. Slowly massage moisturiser into your skin. Notice your touch as you do so.