

Strategies to Manage Stress (from our group members 11/7)

- Rest (naps)
- Noise-Canceling Earbuds, Custom Earplugs, Loop Earplugs
- Acceptance
- Take it slow, take my time
- Gratitude
- Exercise: go for walk, swim
- Music
- Breathing
 - Deep breathing
 - Box breathing
- Rub your ear (vagus nerve)
- Run up the stairs and get your heart racing! (safely!)
- Practice / Prepare in advance
- Meditation (YouTube, Spotify, Apps)
- Aphasia Groups
 - NAA
 - Virtual Connections
 - Local Group
- Apps and Tech:
 - Brain HQ
 - Constant Therapy
 - Apple Watch Mindfulness App