

# FIVE QUICK WAYS TO GET UNSTUCK



## START WITH A BIG EXHALE....

Stress = shallow breathing = increased stress.

Focus on *longer exhales* for a quick reset!

Try the 4-7-8 technique: Breathe in for 4 counts, hold for 7 counts, exhale slowly for 8 counts.

Visualize breathing calm in, letting stress out.

## GET UP AND GET OUT

Physical movement can create mental shifts as well as increase creativity. Get a mental spark by getting up and if possible, *getting outside*. Spending even a few minutes in nature lowers stress and increases brain activity. Second choice - just move! Try initiating a 'walking meeting' in lieu of yet another table huddle.

## CLEAR YOUR (MENTAL) CLUTTER

Did you know you have *60,000* thoughts per day!

Clear your mental slate quickly: Take two minutes to put EVERY thought in your head on paper. Now pick the *3 most valuable items* for you to focus your time on today- then schedule the time on your calendar!

## MANAGE YOUR DECISIONS

Decision fatigue is real - recognize it and plan for it!

Combat indecision and stuckness by making your important decisions early in the day when your energy and focus are fresh. And don't forget - data only goes so far. Your intuition is very often your best decision-making guide.

## MAKE A MOVE

The very best way to get unstuck quickly is to *take action*. And, it only needs to be a baby step to increase momentum and motivation exponentially. Choose one small goal, dedicate just 20 minutes to focused action, and see what happens!

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To learn more about how to get unstuck, visit [www.lorijohnsoncoaching.com](http://www.lorijohnsoncoaching.com)