

ADHD BABES

Stress Management

Pick a window and just next to it to breathe in the fresh air, or run around in circles in my room

Hey Babes! In light of Stress Awareness Month we asked some of you what you do to manage your stress. have collected a bunch of really useful of **copng strategies for Managing Stress**

[White Supremacy Culture Info](#)

Take your mind off things every now and again - play a game to get that dopamine hit.

Yoga

- [Yoga East](#)
- [Divya Bala - YouTube](#)
- Hot Yoga
- [Black Yogi Nico Marie](#)
- [8-Minute Yoga for Self-Love](#)

Exercise

- Cycling
- Walking
- Boxing
- Running
- Spin Class
- Dancing

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Support
Group

Beach and chill

Smashrooms

Talking Alot

Apps

- Tiimo
- Laundryheap
- [Self Care Game](#)

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Aroma Therapy

- Frankincense
- Rose
- Ylang Ylang
- Lavender
- Cedarwood

DANCING!!
Moving my
body

Music

- [Look, just sit back and stop](#)
- [Lofi Hip Hop](#)
- [Black Girl Magic](#)
- [Chill Drive](#)

Fave song on
repeat

Star gazing

Feel free to switch up your routine, if you get bored that is ok

Meditations & Mindfulness

- [10 Minutes of Ujjayi Breath](#)
- [5 Minutes Loving-Kindness](#)
- [A Meditation for Grounding - YouTube](#)
- [10-Minute Guided Meditation for Beginners to Clear Thoughts](#)
- [5 Minute Mindfulness Meditation](#)

Travelling—Get out
of the country”

Scream into the abyss

Self
Massage

Animals

- [MejooandCats](#)
- Pet therapy - Petting Cats and Dogs

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Rubber Ducking

ADHD Babes Rubber Duck method for Destressing

The rubber duck destressing method is as follows:

1. Beg, borrow, steal, buy, fabricate or otherwise obtain a rubber duck (bathtub variety).
2. Place rubber duck on desk and inform it you are just going to go over your task for the day, if that's all right.
3. Explain to the duck what your supposed to do, and then go into detail and explain how you will do it line by line
4. At some point you will tell the duck what you are doing next and then realise that that is not in fact what you are actually doing. The duck will sit there serenely, happy in the knowledge that it has helped you on your way.

Note: In a pinch a coworker or friend might be able to substitute for the duck, however, it is often preferred to confide mistakes to the duck instead of your coworker.