

Like most people I know, you probably feel stressed about the pandemic and politics. Yes, these are unusual times.

To help you **feel calmer and more secure**, I invite you to try a tiny technique that's simple, fast, and effective. The essence --> ***You slow down your physical movements.***

This approach has helped me manage stress over the years, even before all this craziness. And today I want to share this with you.

You can design this habit into your life with any of the Tiny Habit recipes below:

- “After I realize I’m rushing, I will slow down 20%.”
- “After I feel anxious, I will slow my movements until I feel calmer.”
- “After I recognize tension inside myself, I will deliberately move more slowly.”

Pick the recipe you like most. Or perhaps do all three. Or maybe mix and match. The choice is yours.

If you want to write it up on a recipe card, go here for the free printable: tinyhabits.com/recipecards

As always, with the Tiny Habits method you don't need to be perfect. Instead, just dive in playfully and discover what works for you. And be sure to revise as needed.

Keeping it (sort of) tiny,

BJ

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