

CBT Tip of the Week, from Dr. Lee Rosen, Ph.D.

Exercise and Gratitude

Exercise. It remains the empirically-supported winner in the stress department. If you are pressed for time, it is important not to be all or nothing about it. 7 minutes (perhaps using an app like [Down Dog HIIT](#)) is WAY better than zero. It will help your energy level more effectively than a nap or more coffee (though both are very nice). Add a few minutes of yoga and you might inadvertently sneak in some deep breathing, also a well-supported stress reduction tactic.

Gratitude. This one is almost annoyingly simple, and we need it the most when we're feeling the most resistant to it – filled as we are sometimes with resentments, righteous indignation, and worry. Think of 3 things you're grateful for. Write them down. It's just a method of cognitive transformation. Just do it. Add a little acceptance of the imperfection of all things and people, and you're on your way to a moment of equanimity.

I am, of course, also glad to meet and make a little stress management plan. My drop-ins are [here](#), and I can find alternative times to meet if those don't work. I can also direct you to other resources as needed.

As always in CBT, practice and repetition are key.