

Cycle Enders Menu

These are not coping strategies. They are biological completions — seven ways your body is literally designed to process and release stress.

7 MAIN ENDERS

- Physical Movement: A walk, a run, a dance, shaking it out, even vigorous cleaning counts.
Best for: pent-up energy, frustration, restlessness, tension in the body
- Laugh: Real, genuine laughter. Watch something funny, call someone who makes you laugh, or let yourself be ridiculous.
Best for: heaviness, low mood, emotional numbness, after a long hard day
- Crying: Emotional tears actually contain stress hormones your body is releasing. Let it happen. Watch a sad movie, listen to a sad song.
Best for: grief, overwhelm, feeling emotionally full or on the edge of tears already
- Breath: Intentional breathing exercises or breathwork.
Best for: anxiety, racing thoughts, tension, any moment you need a fast reset

Cycle Enders Menu

7 MAIN ENDERS

- Creative Expression: Art, writing, music, cooking, building, crafting – any act of creation. You don't have to be good at it. You just have to do it.
Best for: emotions that feel too big or too complex to talk about, chronic stress, feeling stuck
- Affection/Touch: A 20-second hug, back rub, self hug, cuddling your pet, or closeness with someone safe. It has to be long enough for your body to actually register it – a quick pat doesn't count.
Best for: loneliness, disconnection, anxiety, after conflict or a hard day
- Safe Connection: Being around people in a positive, low-pressure way. Dinner with friends, joining a club, sporting event, concert - any positive social interaction.
Best for: loneliness, isolation, low mood, chronic stress, or any time life has felt a little too small lately

How To Use This Menu

- ◆ Pick a tool and use it at the same time every day for 7 days. (Doesn't need to be the same tool every day)
- ◆ Attach it to something you already do – morning coffee, lunch break, before bed
- ◆ The goal isn't perfection, it's consistency— not only do you experience stress every day but you most likely have a backlog of incomplete cycles
- ◆ Over time these tools become easier to use because you begin to recognize how much better you feel after using them