

Coping With Stress

Be attentive to stress.

The same triggers may cause us worry or anxiety, over and over again. However, we can take steps to make sure we are recognizing these stressors before they cause more harm to our physical or mental state.

Though situations may feel overwhelming, our thoughts about them and actions towards them can help us manage our feelings.

What can I do to manage my stress?

- ☒ Take care of your physical needs, including sleep, hydration, and proper nutrition.
- ☒ Journal in order to bring light to what is causing you stress, and notice the patterns.
- ☒ Communicate your needs with others and do not hesitate to set needed boundaries.
- ☒ H.A.L.T - notice if you are hungry, angry, lonely or tired and attend to how you feel.
- ☒ Don't hesitate to seek support. A professional can help when you are having trouble managing stress on your own.

Tip: Simply listen to and attend to your breath. Focus on intentional, deep breathing, bringing your mind to your breath on the inhale and exhale.