

Stress Management

STRESS MAY SHOW UP MENTALLY, EMOTIONALLY, PHYSICALLY, A COMBO, OR OTHER WAYS THAT VARY PERSON TO PERSON.

Mental Stress

- Practice a mindfulness exercise, like paying attention to one of your five senses, or a short meditation activity.
- Create a daily routine as predictability can reduce stress

Emotional Stress

- Try a calming visualization exercise, like picturing something that brings you comfort. This can be a memory, a place, or a person.
- Or try saying out loud affirmations of safety and reassurance

Physical Stress

- Try a guided progressive muscle relaxation, or your own gentle stretch.
- Long, slow, deep breaths, inhaling and exhaling to the count of 4 may also be helpful