



COPING WITH STRESS



Stress is something that everyone experiences at one time or another, whether it is at your job, with friends, with family, with support staff or as a result of the COVID-19 pandemic. It's important to take steps to manage our stress and focus on what we can control.



WHAT'S STRESSIN' ME OUT?

TRACK YOUR STRESSORS

Keep a journal to track:

- When you are most stressed
- How you respond to your stress
- Include where it happens, how you feel, who was there and how you reacted. Taking notes can help you find patterns about your stressors and your reactions.



HOW CAN I RESPOND?

DEVELOP HEALTHY RESPONSES

Exercise is great for reducing stress!

Do things that bring you joy, like hobbies and favorite activities:

- Listening to favorite music
- Singing
- Playing games with family/friends

Getting enough sleep can also help reduce stress.



HOW CAN I RELAX WHEN STRESSED?

SLOW DOWN YOUR MIND AND BODY

Remain calm. Try breathing deeply. Or repeat a word or phrase that has meaning to you. Or try relaxing your muscles starting at your feet and moving towards your head. When you combine methods such as deep breathing and muscle relaxation, you can lower your stress!



WHAT ELSE CAN I DO TO REDUCE STRESS?

TALK TO OTHERS

When you feel stressed:

- Take a break
- Call a friend or family member

A reassuring voice that makes you feel understood will help you to keep your problems in perspective. If you don't want to talk to family members or friends, talking to a therapist may help.



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