

# HEALTHY WAYS TO COPE WITH STRESS



## TAKE A BREAK

- **Take a nap** or go to bed early. Sometimes our bodies just need to rest!
- **Meditation and Yoga** help relax the mind. There are different types of meditation for everything, e.g. to improve productivity, to relax, etc.
- **Take a shower.** A hot shower can help relax you and a cold shower helps you cool down and clear your mind.
- **Take a break** from social media because it tends to add onto stress.

## PROBLEM-FOCUSED STRATEGIES

- Ask someone you trust for support.
- Work on time management: use a calendar and some fun markers to block out your day.
- Take some space. Walk away from situations that are causing stress, if you can.
- Write 'To Do' lists.

## EMOTION-FOCUSED STRATEGIES

Emotion focused coping involves managing emotional responses to situations, instead of trying to change the situation itself. You can practice emotion focused coping skills through:

- Journaling
- Reframing (notice, challenge and replace negative thoughts)
- Identifying your emotions

## OTHER TIPS FOR MANAGING STRESS

- **Take care of yourself.** Eat healthy, exercise, get plenty of sleep, and give yourself a break if you feel stressed out.
- **Avoid drugs and alcohol.** These may seem to help, but they can create additional problems and increase the stress you are already feeling.
- **Make time to unwind.** Try to do some other activities you enjoy.