

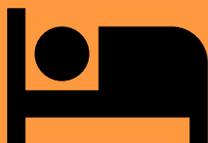
Handling Stress

Stress Awareness

Stress can manifest itself in different ways. Be sure to watch for:

Physical

Tiredness, headaches, difficulty sleeping, stomach issues, physical tension



Mental

Forgetfulness, poor concentration, worry, ruminating thoughts.

Emotional

Sadness, anxiety, irritability, fear, apathy.

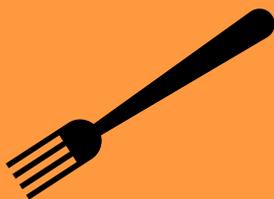


Relational

Loneliness, withdrawal, relationship problems.

Behavioral

Procrastination, eating problems, risk-taking.



Calming Strategies

Coping strategies in the moment to get you through:

Pause

Take breaks and walk outside. Being stuck inside can intensify feelings of isolation. Make sure to do something that calms and centers you.



Communication

Tell someone how you're feeling and ask for help. Stay in touch via phone, social media, email..

Mindful Eating

Reduce the amount of caffeine and stimulants you may be consuming. Take time to eat healthy foods and make sure to drink plenty of water.



Exercise

Stretch, take a quick walk, do some jumping jacks in place.

Relaxation/Mindfulness

Deep breathing is one of the most effective relaxation techniques. It can be performed anywhere, anytime. It helps reduce the stress in the moment. Take a minute for yourself. Check out apps like CALM and HEADSPACE.



Remind Yourself

You are resilient and empathetic. You make a difference to each person you can help. Affirm that you can and you will get through this.