



Coping With Stress: What Should I Do?

Common Symptoms of Stress

- Less eager to go to work/school
- Irritability/being easily impatient
- Loss of focus
- Not feeling motivated to do things you enjoy (i.e. spend time with friends, exercise)
- Fatigue/extreme tiredness
- Trouble sleeping/sleeping too much
- Less socially motivated
- Anxious/preoccupied with worry
- Poor eating habits
- Overall having less fun in life

How to Make Things Better

- Get plenty of sleep
- Maintain good eating habits
- Focus on the positive things/reward yourself for things you did well
- Exercise
- Spend time with people you care about (i.e. friends, family)
- If you are religious or spiritual, pray, connect with your higher power
- Relax, meditate
- Engage in deep breathing
- Focus on the present
- "Check-in" with yourself and listen to what you need

Five Simple Relaxation Tips

1. Find a quiet space. Sit upright in a comfortable position. Close your eyes. Stretch. Relax your head, your neck, your scalp, and your jaw. Allow your entire body to relax and let go of any tension you may be holding onto, wherever it might be. Experience the tension leave your body; out of your calves, your feet, and finally leaving your body through your toes.
2. Breathe deeply and allow your abdomen to rise and fall as you breathe.
3. Imagine a special place that is peaceful to you. Picture how it smells, looks, sounds, and feels.
4. Now imagine yourself completely relaxed in your special place and as you do, continue to breathe slowly and deeply.
5. When you are ready, slowly come back to the present moment. Open your eyes and as you do, allow yourself to slowly return to the present moment.