

EFFECTIVE STRESS MANAGEMENT

EXERCISE REGULARLY



Exercise is a great way to manage stress and boost overall feelings of wellbeing and increase physical and mental health. Start small by working out twice a week for 30 minutes, and then slowly increase frequency and duration as you see fit.

PRACTICE SELF-CARE



Self-care is any activity that you engage in to nurture and care for your mental, physical, and emotional wellbeing. Engaging in self-care techniques like journaling, meditating, and getting enough sleep can significantly impact our ability to cope with stress. Make time for you!

POSITIVE SELF TALK



Stress can make us feel negatively about ourselves, but it's important to monitor our internal dialogue, especially during times of high stress. Affirm yourself by repeating things like "I'll do the best I can," "I can ask for help when I need it," and "I can handle whatever comes my way."

Sources:

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