

STRESS



Try any two of these ideas each day for 2 to 3 weeks and you will be able to notice how much less stressed you have become.

“Human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives.”

-William James

REFLECT

Think of any moment that made you feel comforted and content. Close your eyes and relive that moment.



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THINK “B-R-A-I-N.”

B = **Breathe**. Breathe deeply 5 times. Release the air slowly.

R = **Relax**. Tell yourself to relax, whether in your head or out loud. Notice areas of tension in your body, and try to release that tension.

A = **Ask** yourself what you need or want to feel. We usually ask why the other person is such a jerk or why we goofed up. Instead, ask yourself what you need to feel: calm, in control, at peace, and other comforting feelings.

I = **Imagine** feeling that way.

N = **Now**, after doing those four things, ask yourself, “How do I feel now?”

SELF-TALK

Tell yourself you can get through it. You have come through rough times before. You can do it again. You have gotten through difficult situations.

EXERCISE



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Physical activity can help to lessen cortisol in the body and protect against negative impacts of stress (Puterman et al., 2012; Hamer, 2012; Heaney et al., 2014). What physical activity might you be able to add in that you would enjoy? Even taking a short walk can improve our mood and heart health (McGuire & Ross, 2011; Hansen et al., 2001).

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