

# 7 WAYS TO MANAGE STRESS



## 1

### Stay connected.

Keep in touch with people who can provide emotional support and practical help. Remember your loved ones care for you and you are not a burden.



### Exercise.

You don't need to be athletic to feel the mental health benefits of exercise - a thirty-minute walk every day can boost your mood and improve your health.

## 2

### Set goals and priorities.

Decide what needs to get done now and what can wait, then use lists to organize the day's tasks to help you manage your time and reduce stress.



### Take time to yourself.

Work, school, child care, elder care, trying to make ends meet. We all have stressors that prevent us from taking a moment to ourselves. Make sure to spend time in your day on activities you enjoy.

## 4



### Sleep well.

Sleep allows our brains to recharge and our bodies to rest. Lack of sleep can cause stress and irritability, which ultimately leads to more sleep issues, continuing the cycle. Make sure to keep a regular sleep schedule to reduce stress.



### Know the signs.

If you can recognize the patterns and behaviors of your body's response to stress, you can better know when to take action to focus on your mental health and well-being.

## 6

### Talk to a your health care provider or a health professional.

If you are having suicidal thoughts, cannot cope, or are abusing drugs or alcohol due to stress, seek help immediately.



## 7

