

A background image showing a person's hands in a meditative gesture (Anjali Mudra) with palms together and fingers pointing upwards. The person is wearing a white long-sleeved shirt and blue jeans. The background is a soft, out-of-focus indoor setting.

# CONTROLLING STRESS

**Has the week proved to be more distressing than most? The good news? There are tips that can help you self-soothe. Practice the coping strategies below to navigate day-to-day triggers.**

## **BREATHE.**

Take deep breaths. Clear your mind. Meditation can have a positive impact on sustained performance during acute or prolonged stress.

## **SHARE NERVOUS FEELINGS.**

It is okay to verbalize emotions such as, "I am worried", or, "I am nervous". Talk out loud or journal your thoughts; then explore solutions to feel calm. Consider what is within your control. Write down action statements like, "I am safe."

## **VISUALIZE AND SHIFT FOCUS TO CALM.**

Play soothing music, read a calming book, watch a comedy, exercise, play with your pets, draw, or paint. Participate in activities that will center you and bring you joy.

## **BE GRATEFUL.**

Make a list of everything you are grateful for. Reflect on your values. Write down your goals for this next year and map out a plan to realizing your goals.

## **UNPLUG.**

If the news and media feeds create anxious feelings, turn off the tube. If your email and social media notifications are making you tense, create time away from your devices.

## **CHIP AWAY AT YOUR TO-DO LIST.**

Accomplishing tasks can create a feeling of satisfaction. Here's some ideas: start spring cleaning; organize a closet; give to Goodwill; take on a house project you have been putting off.



## GET OUTSIDE.

Sometime a change of scenery can be exactly what you need to get over any mental hurdles. Breathing fresh air can have a calming influence on your body.

## CONNECT AT WORK.

If you are in leadership, set regular 1:1 time with team members to provide support and updates; this is a great way to ensure they feel connected, valued and supported. Check in with your peers with a simple “How are you?”

## SCHEDULE YOURSELF.

Tonight, schedule everything you want to accomplish tomorrow. Write down and schedule movement breaks, work projects, outdoor fresh air breaks, etc.

## TAP INTO YOUR SUPPORT SYSTEM.

We are all social beings and creating contact with others is a great way to find validation and be heard. Reach out to family and friends or join a meet up group with people with shared interests or hobbies. It is even important to take notice of the people you chose to spend time with are relieving stress or making you feel more stressed.

## TAKE MINI WELL-BEING BREAKS.

Taking breaks throughout the workday can allow you to recharge when motivation and progress at work starts to wane. Consider going for a stroll or watching a short video a quick refresh.

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