



## Purpose

When personal or environmental pressure is placed on you, stress can be a natural reaction that you experience. You can live and lead a more balanced and healthy life when you can manage your stress. Below are suggestions that can provide tools in various forms to help navigate stress in a way that feels most beneficial for you.

## Tips for Stress Management

### **Grounding Yourself**

Feeling overwhelmed by stressors can inhibit your ability to focus on what you can control in your immediate environment. Focusing on your breathing or fixed objects around you can enable you to relax and feel grounded in the present moment. Other ideas to help ground yourself could be prayer, meditation, or repeating mantras - something to remind you that this feeling is temporary, and it will pass.

### **Manage your Eating Habits**

Your physical well-being is a huge factor in working on decreasing stress from your life. Some ways to look out for your physical health could be making healthy food choices, reducing your caffeine intake, and being aware of different substances' effects on your body.

### **Sleep Hygiene**

Your sleep routine, or lack thereof, can significantly impact your stress levels and your ability to manage daily stressors. Getting enough time for a good night's sleep can be crucial in removing tension in your life. Practicing positive sleeping behaviors can prepare your body for a peaceful night's sleep.

### **Establish a Physical Wellness Routine**

Science shows that physical activity helps the body release endorphins, which naturally fight against stress. Some ways you can introduce physical activity into your routine are by joining your local gym, trying out yoga, at home workouts, or even just taking a walk around



the block.

## **Support Yourself**

You do not have to fight stress alone, do not be afraid to reach out. This could be done in the form of nurturing supportive relationships, meeting people through shared interests, or perhaps visiting a community center, library, or religious institution.