



STRESSED OUT?

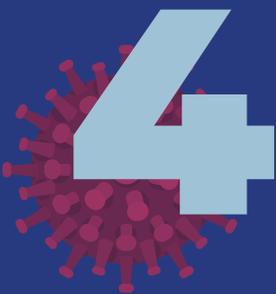
Tips to help you manage stress

1 Attend to the essential basics. Eat nutritious food, drink plenty of water, exercise regularly, get proper rest, learn to practice deep breathing, and nourish your soul with what brings you joy. (Is social media causing you to feel aggravated every time you scroll?) You can't thrive mentally and emotionally if you're physically unwell!

2 Putting something off because it's overwhelming? Break down large projects or tasks into manageable actions. Think about the very first thing you could do to get started then tackle it. The feeling of accomplishment might just inspire you to keep moving!



Have a pet? Hang out with a cat or dog! Interacting with and petting a furry companion are scientifically proven to release feel-good endorphins, and to lower stress and anxiety.



Concerned in particular about COVID-19?

Remind yourself that pandemic outcomes are beyond your control. Instead, focus on those aspects that you CAN control. Follow local public health instructions, practice healthy hygiene habits, wear a non-medical mask in public spaces and when you can't physically distance, clean high-touch surfaces often, stay home as much as possible, and limit close, prolonged contact in crowded spaces. Make sure to stay socially connected so you don't feel isolated, and limit your media intake if COVID-19 news is becoming too much to digest.



Assess your appraisal of situations that cause you stress. Ask yourself: "Could there be dire consequences, or is this actually fairly harmless? Could I look at this situation differently somehow?"

Choosing positivity and healthy coping strategies can make a BIG difference to your overall sense of well-being and reduce stress.

Remember: If stress or anxiety is preventing you from living your life comfortably, seek support! Maybe that's a good chat with a loved one to help you sort out your feelings, workload management direction from a leader, tools or techniques to help you get organized, self-help books, a support group, or professional counselling like cognitive behavioural therapy (CBT).