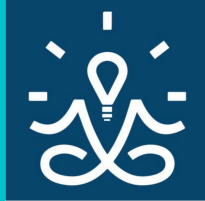


# COPING WITH CHRONIC STRESS

## 8 TOOLS FROM WELL IN MIND

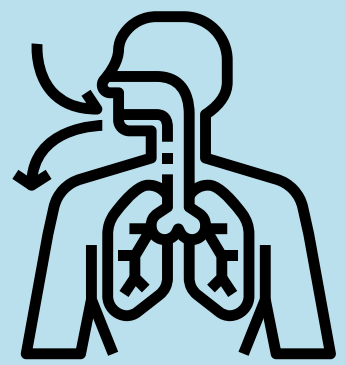


### 1) PRACTICE BREATH AWARENESS

Noticing the gentle rise and fall of our natural breathing has a way of both filling us and comforting us.

### 2) TAKE DEEP, LONG BREATHS

Deep breathing, or diaphragmatic breathing, is taking intentional, longer, and fuller breaths all the way down to our abdomen. In doing this, we inhibit our body's stress response and engage in a calming response.

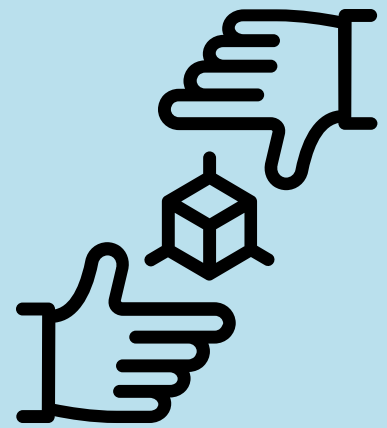


### 3) EXERCISE

This is one well-proven way to work through the buildup of ongoing stress. Make it fun- pick movement you enjoy!

### 4) CREATE PERSPECTIVE

Using the word “and” during this time can help us acknowledge both the painful realities and recognize that there is more happening beyond the pain.



### 5) PRACTICE KINDNESS

Performing acts of kindness has been shown to help with stress and increase feelings of happiness.

### 6) ADHERE TO A SCHEDULE

Try and create a rhythm for yourself (and your children if you have them living with you). It helps create a sense of predictability and control, which we all need.



**SLEEP**

### 7) MAINTAIN A CONSISTENT SLEEP SCHEDULE

Going to sleep and waking up at roughly the same time every day is shown to benefit not only the quality of our sleep but also our mental well-being.

### 8) LEAD WITH SELF-COMPASSION

No one functions optimally under conditions of chronic stress—including you. As the world has had to readjust its own expectations, please readjust the expectations you have of yourself.

