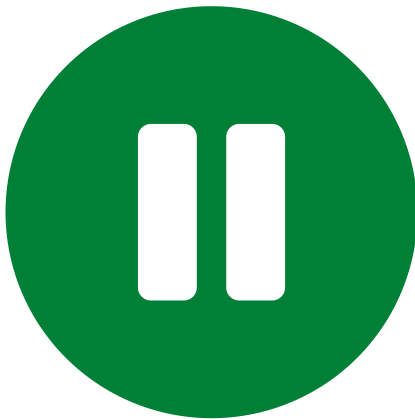


# LET'S TALK: STRESS MANAGEMENT

## STRESS MANAGEMENT

The body's stress response system is automatically turned on in the face of real or perceived threat or fear. Prolonged exposure to stress hormones has serious consequences to your health and well-being. Reduce your stress where you can. Learn to recognize your bodily signs that indicate the stress response system has been activated and use the strategies below to reduce the amount of time that your body is in high alert mode (fight or flight).



## PRESS PAUSE

Give yourself permission to take a break. What could you take a break from for 5 minutes? Examples are watching the news, looking at social media, reading emails, or engaging in a stressful conversation. Sometimes it is as simple as disengaging from the stressor: take a pause.

## REFLECT

If you're prone to "what if" worry, practice noticing what you're worrying about. Draw a circle and put the things within your control in the circle and those outside of your control outside the circle. Shifting your focus to what you can control can make a meaningful difference in managing your stress and improving your well-being.



*breathe*

## REENERGIZE

Take a few deep breathes and exhale fully through pursed lips. Try alternate nostril breathing. Cover the left nostril and inhale to a 3 count then switch and cover the right nostril and exhale to a 3 count. Deep, measured breathing calms the stress response system.