

TIPS TO MANAGE STRESS



EXERCISING

Try doing activities such as yoga, meditation, walking, at home workouts. This can help you feel more grounded, relaxed, and help you feel in control.



SLEEPING ENOUGH

Making sure you are getting enough sleep is essential for your mental health. This will help you feel rested, and avoid a negative attitude.



TALK TO OTHER PEOPLE

Try and speak to someone you know about what is bothering you. This can help you find solutions to your stressors, receive support, and set boundaries to reduce stress.



FIND NEW HOBBIES

New hobbies are able to distract and release stress. Trying a new form of art, reading, or watching new shows are able to focus your time on new positives, and allows you to discover more about yourself.



COME TO NHC

At Northern Hope Center we are able to combine all of these ideas, as well as taking the stress away of a meal. We offer peer support, materials for art, and classes to learn new skills.

THERE ARE PLENTY OF WAYS TO HELP!

More resources at northernhopecenter.org