

## Stress Management Strategies to consider

### During conflict/stressful situation:

1. Notice what is happening in your body. Do you have muscle tension, increased breathing rate, teeth clenching, foot tapping, trembling, etc?
2. Identify the source of tension/conflict.
3. Determine your contribution to the situation.
4. Do positive self-talk. Ex CBT. "I am safe" "I can manage this" "This will pass"
5. Use some practical activities if possible to manage. EX. Take a break to drink water  
Count backwards from 20  
Go for a walk  
Listen to the sounds around you  
Name, in your head, 6 colors  
Push against the desk, chair, wall  
Notice the room temperature  
Touch something in nature
6. Consider what you have found helpful in the past to deal with tension and conflict. Are any of those strategies useful at this time for you?

### Dealing with chronic stress

1. Deep breathing exercises – examples available online
2. Exercise/ walking daily
3. Progressive relaxation exercises – examples available online
4. Spending time in nature
5. Taking a break/quiet place
6. Use humor
7. Connect with loved ones
8. Use your 5 senses- seeing relaxing place; hearing pleasant sounds; touch soothing object like fur or breeze on face; smell lavender or cinnamon; taste fresh water or toothpaste while brushing teeth
9. Write a stress diary
10. Find time for yourself
11. Identify your typical stress response
12. Interrupt your chronic stress response with healthy alternatives
13. Recognition of "Good enough"
14. Positive self talk (CBT)
15. 5-4-3-2-1 technique (available online)
16. Develop your spirituality
17. Individualize your "ways of coping" and put on flip cards as reminder
18. Make an emergency plan or "coping kit" for healthy ways of dealing with stress- consider
19. encouraging notes/poems/verses; scented candle/perfume, squeeze ball, lotion, cinnamon stick, essential oils, chimes, headphones, smooth rock, playdough, massage roller, textured cloth, weighted lap blanket, hard candies/gum, tea bag, photo book of loved people/pets/places, postcards of places you enjoy, coloring book, etc.