

10 Ways to Cope with Heavy Stress & Difficulties

Work on a hobby you enjoy

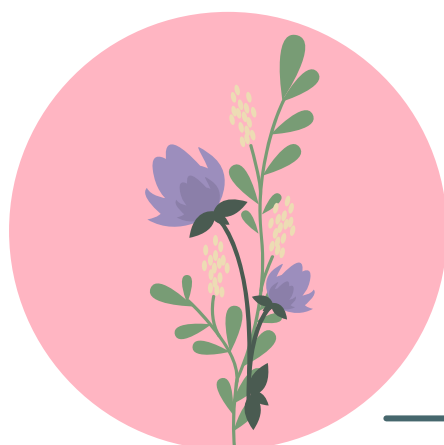


Whether you enjoy knitting, solving puzzles, playing video games, or baking, do something that will take you away from your pain and stress.

Reconnect with nature

Whether you live close to the beach, park, mountains, or desert, go to a place where you can think clearly by reconnecting with nature.

Show extra love and kindness



When you are feeling upset, hurt, and highly stressed, show more grace than usual to all others around you. Doing so will help you build more of your own feeling of helpfulness and self-appreciation.

Focus on your feelings

Soothe your soul and your mental well-being; focus on your healing and your strength.

Call friends, colleagues, and mentors



Call specifically to get advice and "next step" suggestions. Do not dwell on the problems and issues - focus on the next steps.

Play soothing background noise

Whether it's soothing music that calms you down, a comedy movie or show, or instrumental songs, play background music to distract and soothe your soul.

Read motivational & inspirational books

Reading books, articles, or posts that can help to motivate and encourage you to move past your feelings of stress and despair.



Keep steering your thoughts on next steps

Write down what your next steps are going to be in terms of specific goals and deadlines so you can focus and get motivated to push forward.

Breathe

Close your eyes and breathe deeply several times each day.



Write a Gratitude List

As difficult as it may be, write a list of things that are going well for you - things you are grateful for.

