

A GENTLE GUIDE TO DE-STRESSING

Small ways to support yourself when things feel like too much...

Stress is a natural part of being human. It's your body's way of responding to pressure, change, or feeling overwhelmed. But when stress builds up, it can begin to affect how we think, feel, and move through the world. This isn't about removing stress completely — it's about finding ways to soften it.

1. Start with Noticing (Without Judgement)

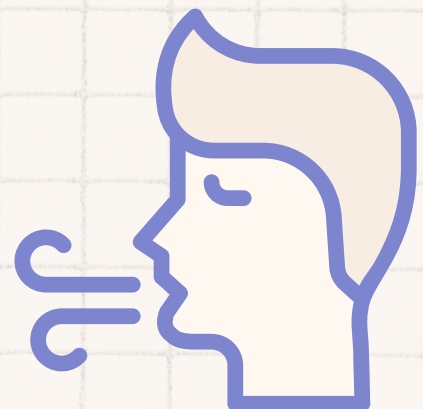


Before trying to change anything, take a moment to check in:

- What am I feeling right now?
- Where do I notice this in my body?
- What feels most difficult in this moment?

You don't need to fix it, just noticing is a powerful first step.

2. Slow the Body, Gently



Stress often lives in the body, not just the mind.

Try:

- Slowing your breathing (in for 4, out for 6)
- Dropping your shoulders and unclenching your jaw
- Placing a hand on your chest or stomach

Even a minute or two can begin to settle your system.

3. Make Things Smaller



When everything feels overwhelming, bring it down to one small step:

- “What is one thing I can do next?”
- Not everything — just one thing

This helps move from overwhelm into something more manageable.

A GENTLE GUIDE TO DE-STRESSING

4. Give Yourself Permission to Pause

You don't always have to push through.

- Take a short break
- Step outside
- Sit in silence for a moment

Pausing isn't avoidance, it's regulation.



5. Connect (Even a Little)

Stress can make us withdraw, but connection can help regulate it.

- Message someone you trust
- Sit with someone, even without talking
- Or simply remind yourself: I don't have to carry this alone



6. Be Mindful of Your Inner Voice

Notice how you speak to yourself when stressed. Would you say the same to someone you care about?

Try softening it:

- "I'm doing the best I can right now"
- "It's okay to feel like this"



7. Come Back to What Grounds You

What usually helps you feel a little more like yourself?

- Music
- Movement
- Being outside
- A familiar routine

There's no right answer — just what works for you.

