

# Practical Strategies



1. When You Feel Overwhelmed
  - Grounding and Breathing Exercise
  - Thoughts come before emotions. If you're feeling "bad" then trace the timeline back to find the distressing thought.
2. Defining and Reducing Stress
  - Question the thoughts that are causing you distress (instead of automatically believing them)
3. Coping with fear and fear-based decisions
  - "Stress is wanting things to be different than they are right now"
  - Instead of resisting the situation or moment, ground yourself in the present. Accept the present for what it is. Resistance only causes more distress and wastes precious mental energy.
4. Talk to yourself in a way that is geared towards how you *want* to feel, not how you *don't* want to feel!