



# Stress Management Tips

**TIP #1:  
LEARN TO  
STOP**

In stress overload we need to use the **STOP** skill: **Stop, Take a Step Back, Observe** what is going on inside and around you, **Proceed Mindfully**. It's about getting through the moment without making it worse.

**TIP #2:  
UNPACK THE  
SITUATION**

- Identify your biggest stressors
- Write down what you cannot control
- Write down what you can control
- Focus on implementing what you can control
- Cope with what you cannot control
- Schedule micro, mezzo, and macro recovery

**BREATHE**



**STRESS IS YOUR  
INNER COMPASS**

It is your ally; it allows you to know what you need. The goal is not to eliminate stress but develop the skill to work with it and maintain at your optimum stress level.

**TIP #3:  
RELAXATION  
TECHNIQUES**

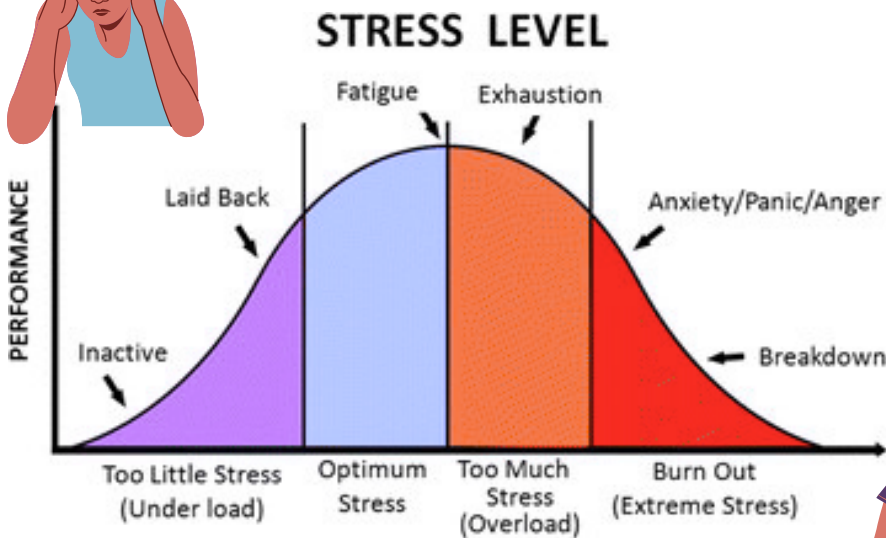
Use progressive muscle relaxation, guided meditation, body scanning, and 8x8x8x8 breathing to lower your physiological response to stress. Research shows that just 2 minutes of deep breathing can make a significant difference.

**TIP #4:  
PATTERN  
INTERRUPTING**

Observe your thinking, ruminating and /or critical & negative thoughts. Write them down and externalize them. **Do you really want to be saying this to yourself?** Talk back – say no, and reframe the thought. Ask for or give yourself a hug. Good job.

Always start by assessing your stress level on THE STRESS CURVE.

## THE STRESS CURVE



Build yourself a 20 minute toolkit of activities that (re)charge your batteries.

**TIP #5:  
FIRST-AID KIT  
FOR  
STRESS OVERLOAD**



- + Change locations
- + Run hands under cold water
- + Snuggle with your pet
- + 5 senses exercise
- + Gentle tapping exercise on chest or face
- + Do something to get your mind on something else



**CONTACT US FOR MORE INFORMATION!**