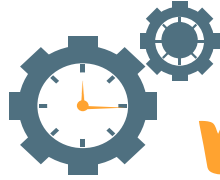


STEPS TO REDUCE STRESS



BOX BREATHE

Take a few minutes to take 10 slow deep breaths



PUT IN PERSPECTIVE WITH POSITIVITY

Will this matter to me a week, month or year?
Is it really as bad as I think?
This is one situation that I will get through. Tomorrow is a new day.

RELEASE YOUR STRESS THROUGH EXERCISE

Exercise is a great way to feel good physically and mentally



USE CALMING APPS

Calming apps are easy to use, accessible and effective in reducing stress
Some great apps include: Mind Unwind, Smiling Mind, Headspace, Calm



BE SELF AWARE

What is the situation?
What are my thoughts about this situation?
What are my feelings about this situation?
How am I behaving due to this situation?
Self awareness is the first step to respond to the situation rather than react



CHALLENGE YOUR NEGATIVE THOUGHTS

Is this thought true?
Is this thought important?
Is this thought helpful?
Label your thoughts
Let your thoughts float away



GIVE YOURSELF SELF CARE

Remember to do activities you enjoy and love - that's just for you to 'just be'



PRACTICE YOUR STRATEGIES

Relax by being guided through meditations such as: Body Scan, Progressive Muscle Relaxation, Mindfulness

