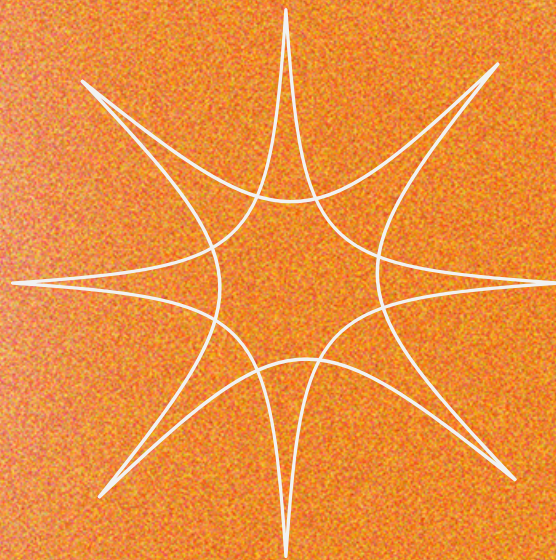


Reduce Stress

Build
Resilience



Tips for Coping with Stress



A How to Guide

Find Support

Be Mindful



Build Resilience



**Build
healthy
habits**

exercise regularly, get enough
sleep everyday



**Practice
Gratitude**

make time to be thankful
everyday



**Practice
Mindfulness**

breath mindfully, meditate, or
take a midnful walk



**Have
compassion
for yourself**

recognize what you've
accomplished today, don't focus
on what did not

Be Mindful



Breathe

Taking deep breaths, or box breathing can help your awareness of your body



Take a walk

Take a mindful walk, be aware of the sights, smells, wind



Do a body scan

Starting from the top of your head, relax your forehead, eyes, mouth, and so on



Find Resources

Search "mindfulness apps" or "meditations" on youtube or in the app store

Build a Support System



Build a support system

Amongst family, friends, coworkers, or peers. Building connection has physical and emotional benefits



Talk it out

Talking to those close to you when you have anger or sadness can help minimize the buildup of stress



Join a group

Join a group focused on a favorite hobby or activity



Ask for help

Check in with yourself, ask for professional help if needed

Aim for 7 hours of
sleep every night

Get 30
minutes.
of sunlight
everyday



Improve Sleep Quality



Sleep at the same time every night
wake up at the same time every day



Sleep at the same time every night
wake up at the same time every day