Tips for Coping with Stress

A How to Guide

Reduce Stress
Build Resilience
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 mindful 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