



# STRESS STRATEGIES

## 6 STRATEGIES FOR MANAGING STRESS & OVERWHELM

### 1. AVOID

Keep away from things that cause you stress, and/or stop yourself from engaging in activities that drain your energy when possible. Learn to say no. Look at your list and eliminate low priorities.

### 2. ALTER

Take power, change yourself or your situation. Act in ways that will contribute to a more successful outcome. Create boundaries in advance. Use assertive communication. Share your feelings.

### 3. ADAPT

Be an honest observer of your thoughts and self talk. Are your patterns serving you or causing more distress? Reframe. Then create a new mantra. Practice gratitude. Focus on big picture.

### 4. ACCEPT

Be willing to accept reality. Sometimes this requires a change in beliefs. Let go and forgive. Grudges only harm you. Forgive yourself, practice grace and compassion (with others & you).

### 5. RELAX

Consider what you need to find peace and calm. This may look very different for different people. Make these choices intentionally. Schedule and honor this time to recharge.

### 6. LIFESTYLE

Examine your habits honestly. What small areas, if changed, would provide you more capacity and energy for your family, work and life? Choose one small habit, try it for a month. Honor yourself.