

Pause and just breathe- <https://www.youtube.com/watch?v=F3w2Ht-gc>

Deep focused breathing elicits a relaxation response; your heart beats slower and your muscles relax according to the *American Institute of Stress*. www.stress.org



Imagination vacation- <https://www.youtube.com/watch?v=cQw6e-W0aE>

Guided imagery has been found to provide significant stress reduction benefits, including physically relaxing the body quickly and efficiently. www.verywellmind.com



Laughter is the best medicine- <https://www.youtube.com/watch?v=IvDQflvodNU>

According to the *Mayo Clinic*, laughter can enhance your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increase the endorphins that are released by your brain.



Hobbies - Hobbies bring a sense of fun and freedom to life that can help to minimize the impact of stress. Because hobbies generally incorporate pleasures into your life, maintaining hobbies can be good for your overall sense of joy in life.

www.verywellmind.com

Move - <https://www.youtube.com/watch?v=cEOX2oxQw4t=419>

Physical activity produces endorphins—chemicals in the brain that act as natural painkillers and also improve the ability to sleep, which in turn reduces stress. You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. <https://adaa.org>



Eat - Eat low-fat, high-fiber, carbohydrate-rich meals with plenty of fruits and vegetables. They soothe us without zapping our energy and give us the nutrients we need to boost our immune system. www.choosemyplate.gov

Sleep - Develop positive sleep rituals. Make your bedroom environment a sleep-friendly zone. Steer clear of food, drinks, and activities that are known to interfere with sleep.

Be Mindful - <https://www.youtube.com/watch?v=cxllwM4Y1YE>

Be fully present, be in the moment and use your senses. Notice your feelings, your thoughts and your body sensations.



Journaling - https://www.youtube.com/watch?v=qhv273-5_NM

The benefits of journaling have been scientifically proven. Journaling can be an effective tool for stress management, processing difficult emotions, and creating personal growth. www.verywellmind.com



Stay Connected - Check in with your loved ones often. Virtual communication can help you and your loved ones feel less lonely and isolated. Consider connecting with loved ones by: Telephone, Email, Mailing letters or cards, Text messages, Video chat or Social media

1-800-985-5990 or text **TalkWithUs** to **66746** to connect with a crisis counselor.

