

## MANAGING STRESS

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Most of us have stress in our lives, and we've developed tricks or skills to handle or alleviate those stresses. At the same time, sometimes we battle stress with unhealthy behaviors (substance use, acting out, alcohol abuse).



### HERE ARE TIPS TO HELP MANAGE AND LOWER YOUR STRESS LEVELS EVEN DURING DIFFICULT TIMES FILLED WITH UNCERTAINTY:

- **Limit your news intake.** Try to cap your news and social media consumption to a couple of times each day to stay informed but not overwhelmed. And make sure you're following credible news sources.
- **Wind down before bed.** Get away from your technology, if possible, and instead read a book and stay in a cool, low-lit room. Visit the [National Sleep Foundation](#) for more sleep hygiene tips.
- **Exercise.** A great way to reduce stress hormones and promote relaxation and calm. Exercise can also give you more energy and vigor and promotes creativity and problem-solving.
- **Breathe.** Many of the resources listed on this page have short breathing exercises. This can quiet your mind and bring focus.
- **Rely on your village.** Make a list of the people you can go to for emotional support and stay connected through phone calls, texts, FaceTime or Zoom hangouts.
- **Get in the game.** Put together a puzzle, try your hand at solitaire or Sudoku or connect with friends to play online games.
- **Treat yourself.** Your hair and nail salon may be closed, but you can still practice self-care to manage your stress. Listen to your favorite song, catch up on shows, take a lunch and multiple breaks that may include a walk around your block.

- **Reach out.** Use your company's Employee Assistance Program through phone, email or video. Check in with your family care practitioner — many offer telehealth options so you can check in from your home.
- **Write it down.** Focusing on what you're grateful for and writing it down can help ease the stress you're feeling. Make a list of three to five specific things you're thankful for to keep what you do have in perspective.
- **Virtually volunteer.** You may not be able to serve meals at your local homeless shelter, but you can give back.

### **LEARN MORE**

**View these resources for more tips, tricks, and information.**

- **Headspace:** A digital mental health program you can use anywhere. Headspace is scientifically proven to cut stress, reduce burnout and increase positivity. Headspace is offering a collection of guided meditations and exercises with free premium subscription services
- **Sanvello:** On-demand, digital resources for stress, anxiety, and depression including Daily Mood Tracking and Coping Tools
- **Happify:** Happify combines evidence-based science, technology and gaming to deliver experiences that make people feel better
- **Daylight:** Daylight is a smartphone application that uses cognitive behavioral therapy to help people handle negative thoughts and feelings
- **Simple Habit:** Great for busy people, this app helps you to make meditation a habit by introducing meditation only 5 minutes at a time
- **Calm:** Guided meditation for beginners that includes a sleep timer and calm music
- **10% Happier:** Allow yourself to take a small amount of time each day for your mental health and become 10% happier