

Coping with Stress

Important things to remember.

1. This is not just difficult; this is threatening; this is chronic stress. For many, it's trauma.
2. It's easy to think we're just going about our normal day and doing our normal job; but it's not. The stress and tension around you might be affecting you.
3. Our body's fight, flight, freeze response is spectacular when we are dealing with an acute stressor. But, it is emotionally and physically exhausting to be in that state, even to a slight degree, over a long period of time. And, you might not even be aware of your body's reaction to stress.
4. The ideas below (and it's just a start) are not just good ideas, they are imperative because they give your body a break from the stress that you might not even know you are experiencing.
5. Remember, everyone is experiencing something, but it might be something very different from you. Ask. It's ok to talk about the difficult.
6. Seek support as needed. If available, use the employee assistance program.

What can you try?

Be kind to yourself * Exercise - anything physical * Schedule a little bit of fun
* Laugh * Reduce caffeine * Apps - like HeadSpace, Calm * Scale back on what's disturbing you
* Stretch * Connections with your loved ones * Touch (15 seconds) or more * Don't forget about physical intimacy * Don't Sponge * Journal * Express yourself in some way - drawing, journaling, writing, working with clay/playdoh * Hobbies * Play music * Dance * Play with pets * Learn something new -- Masterclass, Rosetta Stone, there are sooooo many * Try to get sun (with sunscreen) * Maintain routine * Set daily goals (even little ones) * Change your PJs occasionally
* Look for the "what went well" * Help others/Give * Spiritual beliefs, attend virtual gatherings as available and applicable *