

# Dear Stress: Let's break up



## CHANGE THE WAY YOU RESPOND TO STRESS

### Identify Your Stress Triggers

- What were you doing when you felt stressed?
- What do you think caused the stress?
- How did you respond to the stress?
- What made the stress of the moment go away?



### Examine Your Stress Reaction

How you react to stress can send you on a downhill spiral of more stress. But learning how to cope properly can go a long way for your everyday health.

### Instant Stress Reducers

- Practice deep breathing
- Take a walk or stretch
- Set healthy boundaries by saying “no”
- Avoid heated topics
- Laugh or incorporate humor
- Repeat a positive affirmation/mantra
- Avoid stressful people
- Talk it out with a positive friend
- Focus on one task at a time
- Don't be a perfectionist
- Connect with nature
- Take a music break
- Get a good night sleep
- Focus on what went right

