

stress reduction tips

OVERVIEW

It can be hard to find time to care for yourself amidst the meaningful priorities in our personal and work lives. To lessen the harmful effects of cumulative stress suppression, consider building these tips into your daily practice



TIPS TO REDUCE STRESS

1. Self-awareness:

- Take 30 seconds every few hours to slow the busy mind and listen to your thoughts and perspectives without judgement
- Take some deep breaths while envisioning self-kindness and compassion to help promote self-awareness. Look inward while listening to name your emotions, your needs and identify your thoughts
- Help set your mindset to what is nurturing within yourself and your teams' larger purpose

2. Strategies and Activities

- Plan for brief stress reduction activities throughout the day to help support your mind/body such as splash cold water on the face, smile/laugh, plan meaningful interactions, provide supportive self-talk, find a change in scenery, etc.
- Take regular slow deep abdominal breaths while doing regular activities like handwashing, walking, etc.
- Advocate for yourself/others to walk away and take a few minutes of quiet time to re-center when needed
- Connect to something that you value such as nature, the difference you make, pets, your team, etc.
- Move your body with gentle stretching and exercise
- Use kindness to reframe expectations of yourself and others
- Support your healthy habits such as drink water, eat healthy and limit "comfort foods", prioritize sleep

3. Replenishment:

- Identify what is fulfilling and determine what "replenishment" looks like to you
- Try to take uninterrupted breaks, schedule PTO, and disconnect from work as much as possible
- Build intentional, meaningful activities that replenish your mind/body that cumulative stress can deplete
- Engage in reflective activities to help process the range of experiences and emotions. This includes RISE sessions, mindfulness exercises, prayer, journaling, nature walks, unburdening, creative outlets, therapy, etc.
- Give yourself permission to set boundaries to enhance rest and replenishment
- Be intentional about looking forward to something
- Interact with support systems such as family/friends, RISE programs, RISE peer supporters, EAP, LiveWell benefits, EXOS, Spiritual Care, Bereavement program and personal support systems