

Keeping Stress at Bay

Looking for ways to ward off stress? Try practicing a few of these ideas and notice what works. You can always insert some of your own strategies.

Stop. Scan your body. Relax and soften your muscles	Breathe. Take a deep breath and exhale loudly and completely. Repeat	Take a warm bath or shower	Be active. Try going for a walk	Listen to inspiring music
Tune into self-talk. Give yourself positive helpful messages	Do one small thing to serve the world	Engage with spirituality	Do some gentle stretches	Break the routine. Try something new
Celebrate your accomplishments and milestones	Savour nature	I can cope with stress positively by _____	Practice being present with people and your environment	Take “Me” time
Arrive a few minutes early to a commitment. Enjoy the time and space	Stop working for a moment. Place a call and schedule some fun with a friend, colleague or partner	Be generous with your smile	Mindfully enjoy your next meal, snack or drink	Seek out humour. Laugh!
Unplug from tech. Enjoy the silence. Soak up the calm	Spend time with children	Ask how urgent is this? Don’t get caught up in the frenzy. What can you let go	Zero in on a piece of art or a landmark and really see it	Get outside into the fresh air and natural light
Recognize extraordinary “one of a kind” events e.g., new babies, missions completed	Create space for a nap, a tea or an unexpected visit. Don’t over-schedule	Surround yourself with photos and mementos of happy times	Practice kindness and compassion with yourself	Ground yourself. Feel the support of the earth underneath you

