

Stress Busters

1. Rest - Go to bed at an appropriate time, and set the time you get up. Sufficient sleep increases our ability to handle stress.
2. Take a break from Technology - Technology can make us feel more stressed, lonely and actually alienate us from the people we are with.
3. Eat right - Stress can make us physically uncomfortable. The body and mind can crave sugar and other "comfort" foods. These throw off our hormones and can cause rebound fatigue, guilt, and regret further increasing our discomfort.
4. Engage in physical activity - Engaging in physical activity creates feelings of satisfaction while making opportunities to focus on the present.
5. Maintain a Sense of Humour - Laughter IS the best medicine. It decreases stress hormones and increases endorphins; these reduce pain and increase pleasure. The act of laughing even relaxes your body's muscles.
6. Practice Kindness - Compassion is free, and it is soothing. Practice compassion towards yourself first, then you feel refueled and rejuvenated, and be able to extend compassion to others. It's a win-win. It makes the world feel like a better place!
7. Be Mindful - Strengthening your mind's ability to be still heightens ability to be aware and accepting of your surroundings. It also helps build focus and concentration.
8. Take time to Reflect: Catch, check and change your thoughts - Focusing on positive outcomes, and changing negative chatter, helps fuel the motivation required to overcome challenges.
9. Use your Social Support Systems - Healthy relationships nurture us. Spend time with people who support you. Build up your support system. It increases your sense of belonging.
10. Stretch Yourself: Challenge yourself each day to do something a little bit outside of your comfort zone. Stretching strengthens; leaning a little into an area of discomfort creates room to grow and helps one to better tolerate stress and build resilience.
11. Prioritize - Making a checklist of what is most important, set SMART goals, and identify the actions you need to take to reach your goal... step by step. Having a plan to provide clarity and measurements for success.