



LIFE CAN BE HARD. DON'T LET STRESS MAKE IT WORSE.

Everyday stress can be overwhelming for anyone.

These self-care tips will help you figure out how best to manage and even prevent your stress.

SPEAK OUT

Expressing your thoughts out loud will help to relieve built-up stress—no matter whether it's to a therapist, a friend, or just to yourself. Do your best to maintain your interpersonal relationships, too; positive socialization is proven to decrease stress levels!

USE TECHNOLOGY TO YOUR BENEFIT

There are several mobile apps, listed below, available to help you deal with stress, anxiety, and relaxation. The best part? These apps are always with you when you need them. Check them out:

- Breathe2Relax (iPhone & Android)
- Tactical Breather (iPhone & Android)
- Cognitive Diary CBT (Android)
- DBT Self-Help (iPhone & Android)
- Virtual Hope Box (iPhone & Android)
- Headspace (iPhone & Android)
- Relax Melodies: Sleep and Yoga (iPhone & Android)

GET ENOUGH SLEEP

If you don't get enough sleep at night, it'll catch up with you in the morning, causing you to feel stressed and easily overwhelmed. If you're getting enough sleep but still feel tired and stressed, you may personally need more sleep than the recommended minimum.

BE SURE TO EXERCISE

Human stress is the same kind of stress that wild animals experience when being chased by a predator—except the only thing chasing you is your anxieties. Take a hint from nature and do some exercise to release your adrenaline.

TREAT YOURSELF WELL

Stress will tempt you to beat yourself up over any little misstep, but it's important to remind yourself that you are doing the best you can with what you have. It may help to reward yourself for your successes as well.



Research suggests that chronic stress can lead to or aggravate mood disorders like depression, anxiety, and bipolar disorder. In these cases, finding appropriate behavioral care (like a therapist or psychiatrist) is recommended. If you have been diagnosed with any of these disorders or if you believe stress may be causing them, please consult a professional.

Sources: NIH National Institute of Mental Health, MayoClinic, GoodTherapy, VeryWell, MentalHelp, Amhearst College, Anthem



FMCP

Family Medical Care Plan

