

# simple intentions

## BEST PRACTICES: STRESS MANAGEMENT

We all encounter stress in our life. The difference between people who thrive amidst stress and those who just survive is their ability to manage stress. When you understand your relationship with stress, you can see clear ways to rebalance and thrive.

- Get clear on what is causing you stress. Is it a person, place, or situation? Is there a conversation you're avoiding that is causing you stress?
- Be aware of how stress manifests in your body. Does your voice shake, your palms sweat? Do you get headaches, stomachaches, insomnia, digestive issues?
- Know what eases your stress. It could be spending time with friends, exercising, doing a hobby, watching movies, or meditating.
- Take care of your body the moment you feel stress. Avoid compounding your stress by eating poorly, drinking excessively, or partaking in unsafe behaviors.
- Look internally and externally for solutions to the things that cause you stress. Do you need to shift your attitude about a stressful situation? Could you benefit from counseling?
- Practice being present in most moments throughout your day. When your mind starts to wander – often to stressful thoughts – simply say, “no thank you,” and return to your present.
- Let go of trying to control things over which you have no influence or command. Focus on what you can control: your own thoughts and emotions.
- Cultivate and practice compassion for yourself and for others. Compassion is a key to happiness.
- Know your values. Especially when stress arises, spending more time living your highest-priority values can spur a feeling of well-being.