

YOUR LIFE LOUNGE

Stress Survival guide

crazyheadcomics

BODY

- healthy sleep
- move your body
- get your nutrients
- deep breathing
- relax muscles
- take a lil nap
- listen to calming music
- take a bath

MIND

- talk about what's stressing you out
- keep a stress journal
- prioritize your time, write lists of what needs to be done, and when.
- break big tasks into smaller steps
- set healthy habits and rituals
- ask for some help
- consider seeing a counselor if it's too much

SOUL

- engage in positive self talk
- practice saying "no" more
- take a hiatus from social media
- accept that stress is a normal part of life
- try mindfulness
- let yourself rest if you're close to a burnout - your mental health comes first

April is Stress Awareness Month

Get enough quality sleep.

Sleeping tablets might help for the short-term, but they can create dependency and can prevent you from developing good sleep habits. Go to bed and wake up at the same time every day, even weekends! Avoid nicotine, caffeine and alcohol.

Only use your bed for sleeping (and sex) - no scrolling on socials or watching Netflix.

For more info on sleep hygiene, check out [The Sleep Foundation!](#)



Take a Mindful Moment...



What is Mindfulness?

Mindfulness isn't just about meditating. It's providing a space for yourself to be present, acknowledging your thoughts, feelings and sensations without judgement.



You can practice mindfulness doing the dishes, going on a walk, or even journaling





Move your body.

Exercising in any way, shape or form triggers your body to release a chemical called endorphins. These chemicals react with receptors in your brain to decrease your perception of pain, and also create a positive, happy feeling (much like morphine can!). More exercise, more endorphins, less stress!



Manage your time and include pleasurable activities.

When we're stressed, we're probably less likely to do things for fun. However, scheduling pleasurable activities is actually an evidence-based treatment shown to improve symptoms of depression, like feeling stressed. Learn more about it [here](#).



Have questions? Want a bit more info on managing stress & worry?

Join our Wellbeing Workshops on LEAP Live, every Wednesday, now on ZOOM!