

Healthy Ways To Cope With Stress



- Keep a positive attitude.
- Try relaxation exercises such as deep breathing or meditation.
- Exercise regularly and eat healthy, well-balanced meals.
- Reduce alcohol consumption.
- Don't rely on alcohol, drugs, or compulsive behaviors to reduce stress.
- Learn to manage your time effectively.
- Make time for hobbies and interests.
- Seek social support.
- Connect with your community and faith-based organizations.
- Take a break from watching, listening to, or reading the news.
- Seek treatment with a psychologist or other mental health professional to learn more healthy ways of coping with the stress in your life.

This information does not provide medical advice, diagnosis or treatment. It should not be used as a substitute for health care from a licensed health care professional. Check in with your health care provider and/or your Employee Assistance Program if being overwhelmed is interfering with daily living or activities you would like to do.

Sources:

CDC.gov. Managing Stress. <https://www.cdc.gov/mentalhealth/tools-resources/index.htm#cope-with-stress>. Accessed 12/06/2024.

WebMD.com. Ways to Manage Stress. <https://www.webmd.com/balance/stress-management/stress-management>. Accessed 12/06/2024.

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