# Stress Coping Skills for Everyday



# Make time for yourself.

Socialze, do something creative, or something that you enjoy.

#### Write it out.

Keeping a journal is a good way to help you identify your stress and how you react to it.

# Express yourself.

Talk to someone you trust when you're feeling stressed. It can help calm you and give you a different point of view.

# Laugh.

It can increase your intake of oxygen, aid in blood flow, relax your muscles, and improve your mood.

# Practice positive thinking.

Make time to think about things that you're thankful for.

# Set realistic goals.

Don't take on too much. It's okay to say no or ask for help when you need it.





# Join a club.

Join a book club, a sports team, or take part in community celebrations.

### Share meals.

Eat meals with family, friends, and co-workers to feel more connected.

#### Volunteer.

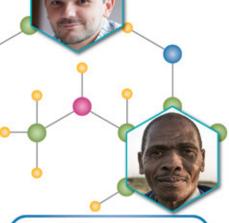
Volunteering can help create connections and improve your mood.

# Intimacy matters.

Emotional and physical intimacy can help lower blood pressure and reduce stress.



positive relationships can help you cope with stress.



# Body

#### Be active.

Go outside.

In any weather, just a few

minutes outside can relax

your body, improve your

mood, and help you feel

recharged.

Regular physical activity can boost your mood, help reduce stress, and improve your overall health.

#### Breathe.

When you're stressed, take a slow, deep breath. It calms your nervous system and helps you think more clearly.

#### Get a massage.

Massage therapy can improve blood flow, lower your heart rate and blood pressure, and can decrease the effects of stress.

#### Stretch.

Regular stretching can improve your mood, relax tense muscles, and help relieve tension headaches.

#### Relax.

Regular practice of relaxation techniques like meditation or deep breathing can help reduce stress.



For more information about stress, talk to your healthcare provider or go to:

www.myhealth.alberta.ca (search for Stress Management)



Services

Alberta Health