In this episode…

Part 1:
- What is the difference between stress and anxiety?
- How to identify stress and anxiety: What are some of the physical symptoms?
- The importance of processing your emotions: Don’t ignore them since they won’t go away.
- What are normal levels of stress and anxiety and when should you seek professional help?
- The mind/body connection: How stress and anxiety can manifest physically.
- Tips for managing stress: Prioritize good sleep, exercise and time with your support system, i.e., friends, family, your community.
- Tips for managing anxiety: practicing cognitive behavioral therapy and retraining your brain, as well as practicing mindfulness, grounding techniques and relaxation techniques.

Part 2:
- Tips on how to manage the work/life balance.
- Setting boundaries in your physical space to create psychological boundaries.
- How to overcome the stigma around mental health and talking to a therapist.
- How to help a friend experiencing stress and anxiety.
- How to prepare for things we know might trigger anxiety or stress using mindfulness to recognize the feelings before they escalate.

Dr. Orlowski’s top 5 tips for coping with stress and anxiety:
1. It’s OK not to be OK. Accept that you don’t always have to be happy or strong.
2. When dealing with anxiety, try to focus on factual evidence and things you can control.
3. Practice self-care: good sleep, exercise, grace. Remember you can’t take care of others unless you take care of yourself.
4. Try mindfulness techniques to combat anxiety and stress.
5. Try to structure your time and create routines to follow but don’t put pressure on yourself to be perfect.

Links:
- Dr. Orlowski’s Provider Profile: [uchealth.org/provider/kristin-orlowski-phd/](uchealth.org/provider/kristin-orlowski-phd/)
- 5 Tips for Handling Pandemic Fatigue: [uchealth.org/today/5-tips-for-handling-pandemic-fatigue/](uchealth.org/today/5-tips-for-handling-pandemic-fatigue/)
- Behavioral Health Experts Integrated into Primary Care Clinics: [uchealth.org/today/uchealth-integrates-behavioral-health-experts-into-primary-care-clinics-enabling-patients-to-access-treatment-for-mental-health-needs/](uchealth.org/today/uchealth-integrates-behavioral-health-experts-into-primary-care-clinics-enabling-patients-to-access-treatment-for-mental-health-needs/)