

Stress Management for Busy People

- 1) **Breathe:** 2-3 minutes, twice a day. Try Box/Navy Seal breathing. Breathe in 4-5 seconds, hold 4-5 seconds, breathe out 4-5 seconds, hold 4-5 seconds, repeat.
- 2) **Get out and move:** go outside and exercise. Walk, run, stretch, ride---whatever. Just get some sun and move your body
- 3) **Talk:** find a friend, family member, minister, or counselor and actually tell them how you're feeling and what you're worried about. Return the favor by listening to them.
- 4) **Sleep:** do what you can to get 7-8 hours of sleep.
- 5) **Feed yourself well:** stress makes us want junk food. Some is fine, but eat healthy food too, and not too much. Careful about alcohol (or other substance) use.
- 6) **Put down the phone, turn off the TV:** limit time on social media and the news.
- 7) **Be Grateful:** what are three things, big or small, you feel grateful for today? Try to do this daily.
- 8) **Be Kind:** do some small kindness for someone.
- 9) **Have fun:** watch funny videos on-line, play a game, have a tickle fight—do what you can to laugh and take a break from it all
- 10) **Get Help:** if you're having a really hard time, then get some help. Talk to your doctor, call a help line to check in, tell a friend. Colorado Crisis Line (free & confidential): 1-844-493-8255 or Text "TALK" to 38255 or Disaster Mental Health Call 1-800-985-5990 or text TalkWithUs to 66746