

COPING WITH STRESS

TIPS FOR TIMES OF CRISIS AND UNCERTAINTY

CONNECT

It's difficult to nurture relationships when you aren't seeing each other face-to-face, but we need each other now more than ever. Use technology to find new ways of connecting with your friends and loved ones from a distance, such as Facetime, Zoom, or Netflix Party.

CREATE

We're not all born with artistic ability, but everyone can benefit from putting energy into creating something. You can write a story, document this time in history, paint, sketch, color, bake, take pictures, play an instrument, or any activity that gets your creative juices flowing.



FIND JOY

During a time of uncertainty and stress, do small things that bring you joy. This could be brewing a cup of tea, taking a hot shower, watching a Disney movie, or playing with your dog. Make a gratitude list before bed to focus your attention on the positive things in your life.

GET UP

Move your body, break a sweat, and release endorphins in your brain. Go for a walk, practice yoga, dance in your room, ride your bike, find a workout video, anything to get moving.

REST

There are countless distractions and barriers to getting rest, but research shows that adequate sleep can affect your mood and positive thinking. Start a new nighttime routine. This could include washing your face, meditation, putting your phone away, or lowering the lights.

TAKE A BREAK

Our society is experiencing information overload. Take time during the day to put your phone down, unplug and unwind. You can listen to music you love, do a guided meditation, or just have some me-time to reflect and relax.

SPEAK UP

If you're overwhelmed or lonely, talk to a trusted friend about how you feel. Even if your problems or stressors haven't changed, sharing your emotions with someone you love can bring relief and be a reminder that you're not alone.



Looking for mental health resources? We can help. Call our Here For Texas Mental Health Navigation Line, a free helpline offering guidance, resources and support for mental health and addiction. If you're seeking resources for yourself or someone else, call 972-525-8181 Monday-Friday from 10 a.m. to 6 p.m. Se habla Español.

