

KNOW YOUR LIMITS

Week 2: Self- Care

When you feel the signs and symptoms of stress, slow it down and take care of yourself. If you allow stress to be untreated, there are many negative consequences that can happen to you – physically and psychologically. Let EWSNetwork teach you some tips and tricks on how to manage your stress in a healthy and safe way.

How to Manage Stress

- See what triggers your stress with a journal and recognize your stress symptoms
- Develop healthy responses e.g. instead of food, try taking a walk
- Establish boundaries e.g. not checking your email past dinner time
- Learn how to relax
- Get some support if you continue to feel overwhelmed

How Do I Cope with Stress?

- Taking care of yourself
 - Eating healthy meals
 - Sleeping adequately
 - Exercise on a regular basis
 - Giving yourself breaks when needed
- Talking with a safe support network
- Making time for fun and relaxation
 - Taking a bath
 - Burning a scented candle
 - Deep breathing
 - Meditate
 - Do some yoga
 - Listening to music
 - Reading for pleasure
 - Getting a massage
 - Take a scenery walk
 - Writing in a journal
 - Cuddle with a pet
 - Laugh

What Foods can Help with Stress?

- Dark chocolate
- Blueberries
- Green tea
- Green leafy vegetables
- Pistachios
- Avocado
- Turkey breast



Source: www.cdc.gov