MANAGING STRESS & ANXIETY

Change your thoughts: Instead of thinking “I’ll never do this right” try thinking “my best is good enough”

**Be compassionate and forgiving with yourself**
Focus on 1 task at a time

**Utilize self-care techniques you find helpful such as:**
- taking a walk, listing to music, stretching, etc.

Stay organized

**Attempt to find enjoyment while on your journey rather than focusing on the results**
Tell yourself you can learn from the experience regardless of how you perform

**Set realistic goals and avoid having high expectations**
Notice the scenery, sounds, and smells that are all around you

**Remind yourself some things are not worth doing “perfectly”**
Arrive early for appointments, allow for time to settle in

**Be around others who are upbeat and optimistic**
Smile

**Talk with someone who cares about you**
Listen to a relaxation recording

**Do something you are good at**
Help someone else

**Clean your living and working space**

Get adequate amounts of sleep (refer to sleep hygiene handout)

**Intentionally speak, eat, drive, walk, etc. at a relaxed pace**
Priorities tasks by level of importance and time constraints

**View “mistakes” and “failures” as learning opportunities**
Advocate for yourself by saying “no” if too much is on your plate

**Practice new ways to respond to stressful situations**
If you can do something about your problem act rather than worrying about it

**Remember life happens and you are human**
Focus on breathing from your diaphragm

**Plan breaks before starting projects**
Remember that anxiety is a common, natural reaction

**Consume nutritious foods regularly**
Repeat calming phrases to yourself

**Exercise your body frequently**
Take a break from stressful situations

**Release tension in your shoulders, neck, and face**
Notice anxious thoughts, feelings or sensations without trying to change them