

# Managing Stress & Anxiety

- Naturally
  - Aromatherapy
  - Exercise
  - Meditation
  - Writing/Journaling
  - Time with pets
  - Herbal teas
  - Listening to Music
  - Playing an instrument





# Managing Stress & Anxiety Tips

- **Sleep Patterns.** Both quality and quantity are important. Doctors recommend an average of 8 hours of sleep a night.
  - Create a routine at night before bed
  - Put away your phone/iPad
  - Establish sleep time schedule
  - Make your bed comfortable

# Managing Stress & Anxiety Tips

## ► **Schedule your worry time.**

- pick a time to think about your fears on purpose. Take 10-15 minutes to identify stressors and develop ways to manage. Don't dwell on "what-ifs." Focus on what makes you anxious.





# Managing Stress & Anxiety Tips

## ➤ Deep Breathe.

- It helps your mind and body relax. To get the most out of it, lie down on a flat surface and put one hand on your belly and the other on your chest. Take a slow breath in. Make sure it fills your belly enough that you can feel it rise slightly. Hold it for a second, then slowly let it out. Conversely, you can do it while sitting down.





# Managing Stress & Anxiety: Progressive Muscle Relaxation

- Find a quiet place. Rest your hands in your lap or on the arms of the chair. Take a few slow even breaths. Now, focus your attention on the following areas, being careful to leave the rest of your body relaxed.
- **Forehead.** Squeeze the muscles in your forehead, holding for 15 seconds. Feel the muscles becoming tighter and tenser. Then, slowly release the tension in your forehead while counting for 30 seconds. Notice the difference in how your muscles feel and the sensation of relaxation. Continue to release the tension until your forehead feels completely relaxed. Continue breathing slowly and evenly.
- **Neck and shoulders.** Increase tension in your neck and shoulders by raising your shoulders up toward your ears and hold for 15 seconds. Slowly release the tension as you count for 30 seconds. Notice the tension melting away.



# Managing Stress & Anxiety: Progressive Muscle Relaxation

- **Arms and hands.** Slowly draw both hands into fists. Pull your fists into your chest and hold for 15 seconds, squeezing as tight as you can. Then slowly release while you count for 30 seconds. Notice the feeling of relaxation.
- **Legs.** Slowly increase the tension in your quadriceps and calves over 15 seconds. Squeeze the muscles as hard as you can. Then gently release the tension over 30 seconds. Notice the tension melting away and the feeling of relaxation that is left.
- **Feet.** Slowly increase the tension in your feet and toes. Tighten the muscles as much as you can. Then slowly release the tension while you count for 30 seconds. Notice all the tension melting away. Continue breathing slowly and evenly.

## Serenity Prayer

- God grant me the serenity  
to accept the things  
I cannot change;  
courage to change  
the things I can;  
and wisdom to  
know the difference.

just  
Breathe

*breathe in.  
breathe out.*

*Breathe In  
THE FUTURE,  
Breathe Out  
THE PAST*