



MANAGING STRESS FOR BETTER MENTAL HEALTH

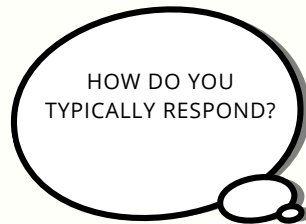
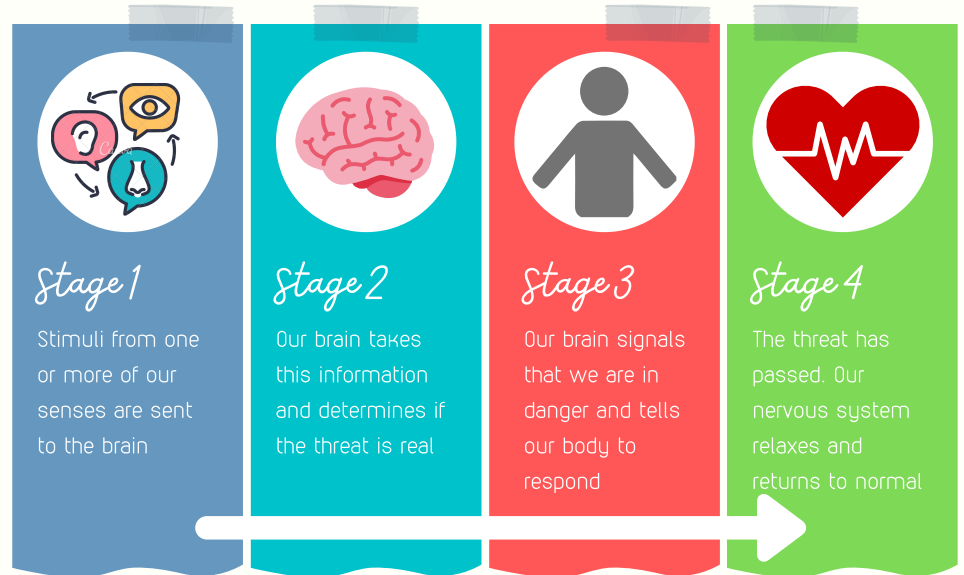
STRESS CAN BE CAUSED BY POSITIVE AND NEGATIVE LIFE EXPERIENCES BOTH WITHIN, AND OUTSIDE OF OUR CONTROL.

THE STRESS RESPONSE

CERTAIN LEVELS OF STRESS CAN BE ENERGIZING, MOTIVATING AND PRODUCE POSITIVE PRESSURE THAT HELPS US GROW. HOWEVER, UN-MANAGED OR CHRONIC STRESS CAN BE HARMFUL TO OUR WELLBEING.

FIGHT, FLIGHT OR FREEZE REACTIONS DURING STAGE 3 ARE AUTOMATIC RESPONSES FROM OUR SYMPATHETIC NERVOUS SYSTEM, DESIGNED TO KEEP US SAFE IN THE FACE OF DANGER.

SOMETIMES WE CAN FEEL TRAPPED IN A LOOP BETWEEN STAGES 1-3 AND NEED SUPPORT IN FINDING WAYS TO GET TO STAGE 4.



FIGHT



FLIGHT



FREEZE

STRESS-BUSTING STRATEGIES

DEEP BREATHING

TAKE 5 SLOW AND DEEP BELLY BREATHS.

THIS HELPS TO SLOW THE NERVOUS SYSTEM DOWN.

BE IN NATURE

OPEN A WINDOW, TAKE A SHORT WALK OR PUT YOUR FEET IN THE GRASS.

THIS LOWERS CORTISOL LEVELS (THE STRESS HORMONE).

BOUNDARIES

ARE YOU SAYING YES TO THINGS OUT OF F.O.G.? FEAR, OBLIGATION, OR GUILT?

IT'S OK TO SAY NO.

REST

TAKE REGULAR BREAKS, TRY A SLEEP ROUTINE AND LIMIT SCREEN TIME.

IT'S RESTORATIVE: IT IMPROVES COPING AND REGULATES MOOD.

