

Strategies for Healthy Living

Stress Management

- Write down what needs to be done
- Prioritize tasks (identify what needs to be done versus what you want to get done)
- Schedule time for tasks (don't just wait until you have time).
- Focus on the one task in front of you instead of multi-tasking
- Slow down and pay attention to what you are doing in the moment (e.g. driving, walking, doing the dishes, showering, typing)
- Turn off notifications for social media and schedule your social media engagement
- Use Do Not Disturb when working on a task that requires your focus
- Take mental breaks right away the moment you begin to feel overwhelmed (stop, close your eyes, take a breath and relax your body, focus on your breath for 1 minute).
- Say no to things that don't add value to your life (e.g., going to baby shower, co-workers retirement party); it's ok, and healthy
- Pick your battles; can you let go of it?
- Break down larger projects into smaller steps, and just do the one next thing
- Leave gaps in your schedule (don't schedule things back-to-back) to allow for breathing room
- Get up 15 minutes earlier, leave 5 minutes early, etc.
- Set your alarm for 15 minutes before you want to get up so you can hit snooze
- Use your smartphone for alarms and reminders
- Practice mindfulness daily using a guided resources (search YouTube for "guided mindfulness" or "guided meditation")

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Stress Management

- Avoid phone use and work tasks right before bed so that you can decompress
- Do what is sustainable, not what is ideal/perfect
- Prioritize sleep
- See a therapist, psychiatrist, or coach, or try a support group
- Practice taking time for yourself (i.e., self-care activities such as getting a massage or taking a bath)
- Spend time in nature and notice things you see, hear, and feel
- Try different stress-relief techniques such as deep breathing, movement (like shaking out your hands, jumping, running), or grounding techniques (like focusing on your senses)
- Practice stress techniques when you're calm. Just like exercising builds muscle, practicing stress-relief techniques regularly makes them more effective when you need them
- Balance challenge and comfort—alternate between something tough and something easy
- Take breaks from screens, often

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