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