

Stress and Sleep

Coping With Stress



Healthy Ways to Cope With Stress

Count to 20 in your head.

This will give your brain a needed break away from the stress.

Soothe yourself.

Do something that calms and relaxes you. Get a massage, take a hot bath, have a cup of herbal tea, or put on some calming music.

Give yourself a pep talk.

Say something to yourself that is calming or encouraging, like: "There's no rush. I can take my time."

Stretch

Do yoga or other stretching exercises.

Take a breather.

If you are able to, take a break from whatever is causing you to feel stressed.

Talk about your feelings.

Talk to a family member, friend, or counselor about how you feel.

Cut back on caffeine.

Caffeine can cause you to feel jumpy and anxious.

Get moving!

Go for a walk around the block or some other version of physical activity. Physical activity is a great stress reducer.

Do something fun.

Go shopping, dancing, or call a friend. Choose something that is both healthy and enjoyable.

Think clearly.

Sometimes things are not truly as bad as they may seem.