



TECHNIQUES AND STRATEGIES

PHYSICAL FITNESS: Stress is often manifested in muscle tension, particularly on the jaw, neck and back. Regular exercise releases tension, builds strength and aids in clarity.

NUTRITION AND HYDRATION: When we are stressed we need good nutrition more than ever. When under stress avoid the empty calories and stimulants - drink lots of water losing just 2% of your body's water results in feeling tired and weak.

SLEEP AND REST: Adequate sleep is essential to well-being. Insufficient sleep affects intelligence, the immune system, irritability and cognitive function.

ASSERTIVENESS: Asking for what we need and expressing our feelings helps establish healthy boundaries.

CENTERING & SOLITUDE: Allow yourself time to push the "clear" or "reset" button.

CREATIVITY: Engaging in creative activities that combine our hands, hearts and minds can be helpful and satisfying.

FUN & ENJOYMENT: When we are having fun we are "in the joy" of life. Walks and meals with loved ones, dancing, going to movies, or hanging out with friends.

CREATE A PLAN FOR SELF CARE: "By failing to prepare, you are preparing to fail" *Ben Franklin*