

HOW TO MANAGE STRESS

1

Identify Your Stressors

It is important to realize what is causing and triggering your stress. This allows one to increase their self-awareness and learn how to manage their well-being.



2

Take a Break

Disconnecting from work and social media is essential for maintaining mental and physical health. Taking some time off from the news, phones, TV, and screens can reduce stress.



3

Stay Consistent

Keeping a consistent routine can help you feel more in control and organized. A sense of order can be calming by having a healthy sleep schedule and diet to promote good well-being.



4

Limit Alcohol and Smoking

Alcohol and tobacco alter the chemical balance in your body and affects your actions, feelings, and increases anxiety. Limiting these products can help reduce symptoms and negative emotions.



5

Connect with Others

Talking to someone about your concerns provides stress relief and is a positive coping mechanism. Connecting with your local community organization can help you identify a solution.



Sources: [cdc.gov](https://www.cdc.gov) | **Provided By:** [mededmaterials.org](https://www.mededmaterials.org)

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