

Stress Management

Stress is an inevitable part of life, but unmanaged and frequent exposure can have negative effects on the body's physical response and the way you behave, think, and feel. Different stress management techniques work well for different people, so check out the unique strategies below to see which one helps you positively cope with stress!

Meditate



Tuning in to thoughts and feelings helps increase your control over your mind and body's response to stress

Breathe



Breathing deeply helps the brain and body lower your heart rate and blood pressure to generate a sense of calm and focus

Relax



Relaxation helps counteract the fight-or-flight response brought on by acutely stressful but non-life-threatening situations

Move



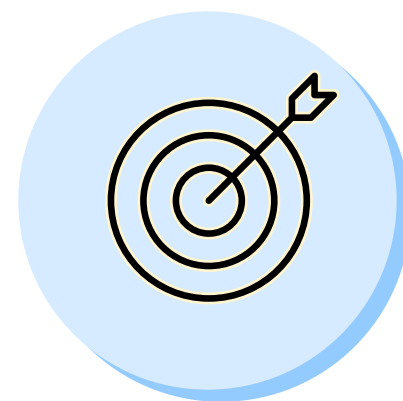
Physical activity releases endorphins and other feel-good chemicals in the brain while also reducing stress hormone levels

Visualize



Imagining a positive and peaceful scenario creates alignment between the mind and body and helps you to focus on positive outcomes

Focus



Engaging in physical or mental distractions helps shift your thoughts from stressors on to something that is relaxing and enjoyable