TOP STRESS REDUCING STRATEGIES

If you have experienced high stress, trauma or crisis, these are strategies to help you cope and recover. Even taking the level of stress down a couple notches will go a very long way in helping you get through periods of stress.

1. Exercise - Even a little bit.
   Movement of any kind has been shown to help us feel better.

2. Focus on others.
   Connect with someone, help someone, volunteer. Helping others will lift your spirits.

3. Physical Touch.
   A hug can do wonders. A fist bump. A high five at the end of the day. Maybe even a massage?

4. Be your authentic self.
   Remind yourself your reactions are normal and you may not be at your usual 100% all the time.

5. Brighten your own day.
   Even the small things that lift your mood.

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