

DEAR STRESS, I'm over you.

Stress happens. It can change our mood, heart rate, blood pressure, eating habits, sleep patterns, and our ability to focus. Here are three strategies to deal with stress:



DAILY GRATITUDE

Commit to answering these daily journaling prompts:

- Morning:
 - What are three things I am grateful for today?
- Night:
 - What's something that made my day?



BOX BREATHING

Breathe in for 4 seconds

Hold for 4 seconds



Hold for 4 seconds

Breathe out for 4 seconds

Just BREATHE

MUSIC MEDITATION

- Find a space where you won't be interrupted.
- Pick one of your favorite songs or create a playlist.
- Relax into a comfortable position and ask yourself:
 - How does my body feel?
 - What are some sounds I might not have noticed before?
 - How does the song make me feel emotionally?



For more strategies,
view our playbooks for stress.

