

# Stress Coping Skills for Everyday



## Mind

**Make time for yourself.**  
Socialize, do something creative, or something that you enjoy.

**Express yourself.**  
Talk to someone you trust when you're feeling stressed. It can help calm you and give you a different point of view.

**Practice positive thinking.**  
Make time to think about things that you're thankful for.

**Write it out.**  
Keeping a journal is a good way to help you identify your stress and how you react to it.

**Laugh.**  
It can increase your intake of oxygen, aid in blood flow, relax your muscles, and improve your mood.

**Set realistic goals.**  
Don't take on too much. It's okay to say no or ask for help when you need it.

## Connect

**Join a club.**  
Join a book club, a sports team, or take part in community celebrations.

**Volunteer.**  
Volunteering can help create connections and improve your mood.

**Build friendships.**  
A network of healthy and positive relationships can help you cope with stress.

**Share meals.**  
Eat meals with family, friends, and co-workers to feel more connected.

**Intimacy matters.**  
Emotional and physical intimacy can help lower blood pressure and reduce stress.

## Body

**Go outside.**  
In any weather, just a few minutes outside can relax your body, improve your mood, and help you feel recharged.

**Breathe.**  
When you're stressed, take a slow, deep breath. It calms your nervous system and helps you think more clearly.

**Stretch.**  
Regular stretching can improve your mood, relax tense muscles, and help relieve tension headaches.

**Be active.**  
Regular physical activity can boost your mood, help reduce stress, and improve your overall health.

**Get a massage.**  
Massage therapy can improve blood flow, lower your heart rate and blood pressure, and can decrease the effects of stress.

**Relax.**  
Regular practice of relaxation techniques like meditation or deep breathing can help reduce stress.

For more information about stress, talk to your healthcare provider or go to:  
[www.myhealth.alberta.ca](http://www.myhealth.alberta.ca)  
(search for *Stress Management*)

To download or order a copy of this resource go to:  
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Login ID: mentalhealthresources  
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