

MANAGE STRESS WITH THESE 10 TIPS FOR RESILIENCY

THE BASICS

Sleep well, eat well and exercise
(as much as your schedule allows!)



COMPASSION

Be compassionate to others and to yourself. Research has shown that compassion might stimulate the vagus nerve, which lowers your blood pressure and heart rate, and makes people feel more at ease.



GRATITUDE

Being thankful and returning kindnesses can benefit your health. Take time to send a thank you note, or surprise someone by paying it forward. Gratitude is contagious!



LAUGH A LITTLE

Laughter triggers biological mechanisms that improve both your physical and mental health. If you're feeling brave try laughter yoga.



TAKE A DEEP BREATH

Take time to breathe, especially during an emergency situation or a busy day. Full, deep breaths help your brain fully process information.



UNPLUG

We constantly react to the technology around us as it beeps and vibrates and asks for our attention. Make a conscious decision to designate specific times to check and respond to email and text messages, especially during busy times.



RESTORE YOUR BRAIN & BODY

When you rest, even briefly, biological mechanisms begin to repair wear and tear on your brain and body. Consciously schedule time to do something you like every day, preferably something that makes you feel relaxed.



POSITIVE THOUGHTS

It's important to acknowledge negative feelings, but spending as little as 30 seconds a day focusing on something positive or happy can change your mood. When you're in a good mood, you're more likely to notice the good things happening around you.



SEEK OUT AWE

Feeling inspired – whether by a beautiful landscape or by an incredible person – makes you feel more connected to the people around you, and can increase satisfaction with your life and your desire to help others. Don't underestimate the power of goose bumps!



CONNECT WITH PEOPLE

Working with people you like and who inspire you helps you become resilient.



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