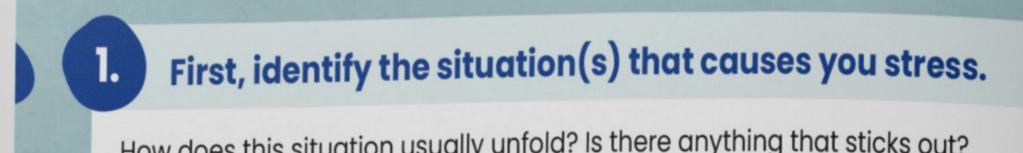


Stress is part of life. Whether it's a job interview, difficult breakup, or financial We can usually bounce back from most stress with the right support, and some types of stress can even be good for us — like when we exercise or But when the stress we're facing is severe or prolonged over time, such as trauma or Adverse Childhood Experiences (ACEs), it can negatively affect our bodies, brains, and mood—and other challenges physically and mentally. Luckily, we can work on that. Research has found there are specific activities habits you can build into your daily routine to manage stress and heal. We've included important to find what works best for you and your lifestyle.





How does this situation usually unfold? Is there anything that sticks out?

What are you worried about if things don't go smoothly?

How stressful would you rate this, on a scale of 1-10, with 10 being the most stressful thing for you?

2. How does this situation make you feel physically and emotionally?

Describe your feelings and thoughts in detail. What is it bringing up for you?

Do your best to name the emotions you're feeling – whether it be fear, worry, jealousy, anger, impatience, sadness, or anything else.

Don't forget to think about how your body is feeling. Is your heart beating faster, is your breathing deeper or more shallow, do you find yourself getting sweaty, do you find your voice getting louder or quieter? Did you end up getting a headache afterward?

3. Work backward to understand underlying factors that may contribute to your stress.

Take it a step further. Try and identify why you may be feeling these things. For example, this situation makes me feel ____ because ____. Sometimes, we may find the reasons for our emotions have nothing to do with the present situation at hand.

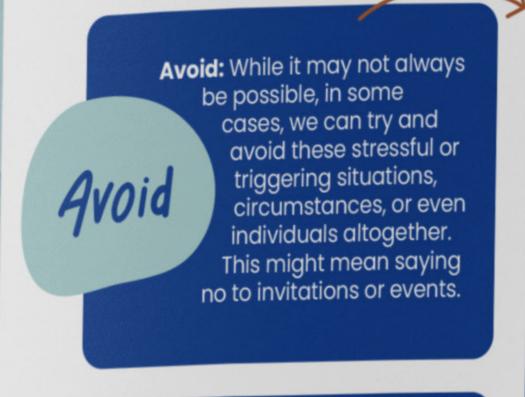
Are there other things that contribute to you feeling stressed about this situation? For example, not eating breakfast that day, not getting enough sleep, waking up late and being rushed, an earlier argument with a partner, or something else that may have contributed to how you felt?

What are things you can do to help calm your body and mind? Perhaps it's calming your breathing, taking a small "break" from the situation, or in some cases, removing yourself from the situation altogether.

4. Identify your strengths. Is there a trusted friend, family member, or supportive person in your community you could talk to about these situations? Are there things you can control or plan differently, if or when this situation occurs again?

Make a plan for next time, and consider the 4A's of stress

While stress and stressful situations are unique to everyone and can't always be avoided, we can think about how we can better manage these situations, for our own well-being. There are tried-and-true ways to do this, including the 4As of



Alter: In many cases, stressful situations can't be avoided, but we can alter how we approach, respond to, or deal with them. For example, we can communicate limits or ooundaries of how long we will engage with the situation or person. By being open about our limits, we can better control how situations may play out. And, we can express our feelings and ommunicate our concerns in respectful ways instead of holding onto them and causing ourselves more stress.



cases, we may need to accept that we can't control the uncontrollable, and accept that while we may not be able to alter the situation or behavior o another person, we can contro

Accept: Some situations may

Some additional reminders... Don't forget to bread

