



## Make Good Choices in Stressful Times

Coping positively with difficult situations and life's ups and downs reduces distress and improves psychological health. Here are the key elements that experts found to help manage stress and improve resilience:

- Use positive distracting activities (games, music, books and movies).
- Talk to someone for support.
- Take time every day to calm yourself.
- Exercise.
- Spend time with others.
- Stay busy -- mentally and physically.
- Actively apply coping skills and strategies that have worked in the past.
- Learn to recognize reminders that may upset or bother you. Prepare how you will deal with them, such as using positive self-talk, distracting and breathing.
- Focus on something practical that you can do right now to manage the situation better.
- Use relaxation methods regularly, such as breathing, visualization and muscle relaxation exercises.
- Draw upon religion, spirituality or personal beliefs.

Shutting down may help during stressful circumstances. However, afterward, when out of the threatening situation, opening up and relaxing with others is often helpful.

Cultivate a positive attitude. Promote patience, hope, fortitude, decorum and the will, in the worst situations, to do your best:

- Celebrate successes, and take joy in completing tasks, even small ones.
- Do not be discouraged by setbacks.
- Create an ongoing feeling of motivation, and give yourself small breaks from the stress of the situation.
- Accept that the environment is constantly changing.
- Embrace the world that you find yourself in, and see opportunity in adversity.
- Identify and concentrate on building strengths.
- Accept circumstances that cannot be changed, and focus on circumstances that you can alter.
- Consider the stressful situation in a broader context, and keep a long-term perspective.
- Look for opportunities to learn something about yourself, and find self-growth in some way.
- Control self-defeating statements.
- Realize that life is not fair, and find a place to make peace with that for yourself

**Looking for additional support? Contact us today.**

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