Tips to Cope with Stress

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Eat well. Eating a healthy diet can help reduce the negative effects of stress.

Get enough sleep. When you are well rested, you are better able to cope with stress. Getting enough sleep helps you to better problem solve, feel better and think more clearly.

Be physically active. This can help your body produce more "feel good" chemicals and improve your mood. Activities such as walking, cycling, swimming or dancing can be really effective.

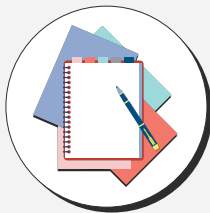Avoid using alcohol and recreational drugs to cope. These can make things worse.

Try yoga, meditation or a mindfulness exercise that allows you to focus on the present moment.

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More Tips to Cope with Stress

balance

Find a support network

- Lean on friends, family and coworkers and talk about what you are going through.

Focus on the good in your life

- Keep a gratitude journal. Write down what you are grateful for each day.

Pray or meditate

- Any kind of spiritual practice can help clear your mind and calm your body.

Take time out, even if it's just a few minutes, to do things you enjoy

- Listen to music.
- Watch something that boosts your mood.
- Spend time with people you love.

Take a break from news, social media or other triggers for stress

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