

STRESS LESS

How can we manage stress more effectively, especially when we find ourselves feeling anxious and overwhelmed? There is no one-size-fits-all approach.

Here are some ideas to consider:

Breathe In

Deep breathing: Whether you just take some slow deep breaths, or practice more patterned breathing techniques like box breathing, slowing down and taking deep breaths can switch us from our sympathetic, frantic response, to a calmer parasympathetic relaxation response.

When we are upset, we go into flight or fight mode. This is not adaptive in most chronic stress situations when we need to slow down, assess the situation, and check in with ourselves regarding the best way to respond. There are many guided meditation apps we can turn to. For a more formal mindfulness-based stress reduction course, check out palousemindfulness.com.



Time to relax...

Relaxation techniques: There are many adaptive ways to bring some calm and joy into difficult situations. The first thing may be to remove ourselves from the situation if possible. Meditation, exercise, dance, music, reading, art, and gardening are among the many different activities that may allow you to turn your attention to something healthy as you work through your stress.

Some people use smoking, caffeine, sweets, or alcohol to relax but these have potentially adverse health effects which can ultimately cause more problems and stress.



Get social

Connect with positive individuals you know. Call a friend or loved one and share your concerns or meet for a walk or a meal. Being together with someone who will support you and boost your mood can help you work through your stress.



Keep a journal

Keep a journal: Writing out your thoughts can help you organize them and clarify how you truly feel about certain people or events. This may help you to develop more effective ways of dealing with stress, rather than reacting impulsively.

If possible, write out one or two things you are thankful for each day. Your mindset and perspective are key in how you approach difficult situations.



If you find that your stress has become overwhelming and is impacting your ability to function in your daily life, [contact the providers at Partnership Health Center](#) to see how we can help you and connect you to resources to help.