

7 Strategies for Effective Stress Management

1. Be selective with your source of information

News reports and social media posts emphasizing and reiterating messages can simply fuel anxiety. These sources can also have conflicting and confusing communications. Consider where you are going to find the most reliable information and regulate how often. Put a limit on the frequency that you view these sources.

2. Focus on other things

Periodically make yourself focus on something else other than the reasons for your stress. Naming what you're grateful for, as well as books, audiobooks, podcasts, TV and [other fun things](#) can help with this. Keep this entertainment on the lighter side—no war epics, thrillers, crime dramas, or “end of the world” stuff.

3. Exercise, if you can

Even if this means skipping rope, taking the stairs, [lifting heavy household items](#), or doing workouts at home or in the office. One of the best ways to help your body cope with rising levels of stress chemicals is to use some of them up through vigorous activity.

4. Practice those disciplines that ground, calm, and nourish you

If you meditate, pray, practice yoga, write, draw, read, cook... continue to do these things if you can. This is a time to do more of those sorts of things, not less. You may even want to start and end your day with these practices to help rejuvenate and refresh!

5. Get fresh air

Spending time in nature is important to wellbeing: Go out for a bike ride, go for a walk, or sit on your front/back porch. If you have children, consider participating in a [“Bear Hunt”](#). Keep in mind, please continue to follow local health guidelines and advisories as it relates to distancing yourself from others in outdoor settings.

6. Connect with loved ones

Receiving support from (and giving support to) others has a powerfully positive effect on our ability to cope with challenges. So, spend time talking and connecting with family and friends. There are a number of free video chat programs to help (FaceBook Messenger, FaceTime, Zoom, WhatsApp).

7. Reach out for support

Contact our Employee Assistance Program (EAP). [GuidanceResources](#), is available 24/7 for support. Call 844.266.0703 or other support professionals.