

# TOP STRESS REDUCING STRATEGIES

If you have experienced high stress, trauma or crisis, these are strategies to help you cope and recover. Even taking the level of stress down a couple notches will go a very long way in helping you get through periods of stress.



SCAN to READ MORE!



1

## Exercise - Even a little bit.

Movement of any kind has been shown to help us feel better.

2

## Focus on others.

Connect with someone, help someone, volunteer. Helping others will lift your spirits.

3

## Physical Touch.

A hug can do wonders. A fist bump. A high five at the end of the day. Maybe even a massage?

4

## Be your authentic self.

Remind yourself your reactions are normal and you may not be at your usual 100% all the time.

5

## Brighten your own day.

Even the small things that lift your mood.

Discover more strategies at  
***Insights.VITALWorkLife.com***