

STRESS SURVIVAL GUIDE

BODY

healthy sleep

move your body

get your nutrients

deep breathing

relax muscles

take a lil nap

listen to calming music

take a bath

MIND

talk about what's stressing you out

keep a stress journal

prioritize your time, write lists of what needs to be done and when

break big tasks into smaller steps

set healthy habits and rituals

ask for some help

consider seeing a counselor if it's too much

SOUL

engage in positive self talk

practice saying "no" more

take a hiatus from social media

accept that stress is a normal part of life

try mindfulness

let yourself rest if you're close to a burnout - your mental health comes first

Stress Survival Guide

Ursula Markham



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