

# Stress Reduction

*Preventive In the Moment Reactionary*

## Why think about stress?



It's important to find ways to prevent the impacts of stress on your body, mind, and mood. Prolonged stress can be toxic to our physical and mental health. We must take the time to identify ways we can deal with all types of stress.

Alleviating stress looks different for everyone. It's important to find what works for you and how you can use them in different situations

## Types Of Stress Reduction

### Preventative De-Stressor:

Think of "preventative de-stressors" as the things you can do on a daily basis to help minimize your stress. These are actions that you can add to your daily routine or do before something stressful.



Get enough sleep



Get moving & stay active



Make time for hobbies



Be around positive people

### In The Moment De-Stressor:

Think of "in the moment de-stressors" as ways to help de-escalate the situation and bring you back to a level head. These are simple ways to calm down and stop the buildup of stress. These techniques are especially great to use when you can't escape the situation.



Meditate for a few moments



Deep breathing exercises



Take a break from the task



Use a stress ball

### Reactionary De-Stressor:

Think of "reactionary de-stressors" as the things you can do after your stress has already built up. These techniques are about releasing your stress and bringing it back to a healthier level.



Talk to a friend/family



Journal about your thoughts



Go for a run or walk



Play with your pet

For best results use a combination of all 3 types of De-stressors  
You can use the same techniques for all 3 categories, don't be afraid to mix and match them to best fit your situation!