



# 7 tips to mindfully manage stress in this crisis

- 1. Watch your thought patterns.** It's all too easy to get sucked into the negativity and stress-generating cycle of the news. When you catch yourself going negative, PAUSE, BREATHE and try one of the next few steps.
- 2. S.T.O.P. Practice.** Good for panic-moments, transitions, and pauses throughout your day.
  - STOP what you're doing.
  - Take a Breath.
  - Observe what is present for you.
  - Proceed with Intention & Choice.
- 3. Take a news and/or social media break.** Schedule times to check in, maybe twice a day. But make a conscious effort to focus in on the task at hand and other small positive moments throughout the day.
- 4. Notice the Good.** Our brains evolved to find and latch on to the negative events in our lives, in order to stay alive. But intentionally looking for and appreciating positive experiences can help us keep a balanced view of our lives. Savor the good stuff.
- 5. Physical distance, social connection.** "Social distancing" actually means "physical distancing". Make a conscious effort to check in with friends and family on the phone or online. Even writing a snail-mail letter can help us to feel connected.
- 6. Offer yourself grace and self-compassion.** As we lean into this massive period of the unknown, be gentle with yourself if you don't "get it all right", whatever that means. It's so critical that we take care of ourselves so that we can keep our resilience up and our patience with all of our challenges. Put on your own oxygen mask first!!
- 7. Find support if you need it.** Recognize that even the strongest among us need help sometimes. Whether it's a tele-doc visit, an online therapy session, or a daily meditation group, there is no shame at all in seeking extra support in these extra-ordinary times.