

# Coping With Stress

## 10 STEPS

- 01** Create a checklist to organize your thoughts and tasks.
- 02** Get your body moving. Exercise can be a healthy distraction from stressful things.
- 03** Radical acceptance. Work on accepting things that are outside of your control.
- 04** Set healthy boundaries for people who negatively affect your energy and life.
- 05** Take 5 minutes to meditate. When you find yourself getting distracted, bring your attention back to your breathing.
- 06** Get a massage.
- 07** Write about your top 3 stressors and ways to cope with them.
- 08** Take 5 deep breathes.
- 09** Stop multitasking and ask for help.
- 10** Recognized that feelings are temporary.