



# Tips to Cope With Stress

**Stress is a normal part of life that we cannot avoid.** Sometimes, feeling short-term stress can be motivating, helping us complete a task efficiently or rise to a challenge.

However, constant chronic stress that is not appropriately managed may have negative effects on your health and wellbeing.

When we remain in a prolonged state of stress, it can increase our risk of experiencing burnout. Sometimes it can feel difficult and overwhelming to move past this.

As hard as it may be, the key is to focus on what we can control rather than what we cannot. The reality is that sometimes life throws us difficult seasons or circumstances that we cannot easily change. Developing effective coping strategies and increasing awareness of when we experience stress can be helpful.

While there is no one-size-fits-all method to address stress or burnout, there are actions each of us can take to improve our wellbeing. We encourage you to explore what works best for you.

*This material is to be used for informational purposes only and is not intended to be exhaustive, nor should any of the materials be construed as professional or medical advice.*



**HERE ARE SOME IDEAS THAT MAY HELP YOU GET STARTED:** <sup>1-4</sup>

- » Reach out to a mental health professional.
- » Lean on your support system.
- » Reduce screen time.
- » Take breaks and schedule time off.
- » Set boundaries and say no when feasible.
- » Stay hydrated.
- » Get adequate sleep.
- » Move your body in a way that brings joy, or try progressive muscle relaxation.
- » Fuel your body with nutritious foods.
- » Get outside.
- » Try journaling, meditation, or other mindfulness techniques.
- » Find activities that bring you joy.
- » Set boundaries.
- » Seek connection and laughter.

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2. Akers, A. S. (2023, August 3). Preventing burnout: 7 strategies and when to seek help. Medically reviewed by J. Jelinek, LCSW, ACSW, RDDP. Medical News Today. <https://www.medicalnewstoday.com/articles/preventing-burnout>
3. Nagoski, E., & Nagoski, A. (2019). Burnout: The secret to unlocking the stress cycle (PDF). Ballantine Books. <https://irp.cdn-website.com/54bb561b/files/uploaded/Burnout%20The%20Secret%20to%20Unlocking%20the%20Stress%20Cycle.pdf>
4. Cleveland Clinic. (2023, June 5). 12 ways to recover from burnout. Cleveland Clinic Health Library. <https://health.clevelandclinic.org/how-to-recover-from-burnout/>