

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY: REMEMBER TO MANAGE YOUR STRESS



Are you feeling particularly stressed out right now? That's perfectly normal given what's happening in the world today, but stress management should be at the top of your to do list!

"It is not stress that kills us, it's our reaction to it." Hans Selye, endocrinologist known as the 'father of stress research'

How have you been reacting to the stress in your life? If you're like most people, you've been ignoring it and continuing with your daily activities, but this is not the best reaction to stress. Ignoring stress does not make it go away. It remains with us, as a weight on our shoulders and back constantly weighing us down. While many of the sources of our stress may not be solved in the coming days, we can incorporate activities into our lives to lessen this weight so that it does not harm our mental and physical selves. Stress management is a great way to practice self compassion today. Taking the time to incorporate stress relieving activities throughout your week is one way that you can prevent stress from having a harmful impact on you.

Practice Compassion Today:



1. TAKE A TEMPERATURE CHECK: HOW STRESSED ARE YOU FEELING/HAVE BEEN FEELING THIS WEEK?
2. REGARDLESS OF THE ANSWER, TAKE A FEW MINUTES TO WRITE DOWN ANY ACTIVITIES THAT YOU'VE DONE THIS WEEK TO HELP RELIEVE THAT STRESS.
3. IF YOU'RE LIKE MOST PEOPLE THAT LIST IS PROBABLY VERY SHORT, BUT NOW THAT YOU'RE THINKING ABOUT IT, BRAINSTORM THREE THINGS THAT YOU CAN DO TODAY TO RELIEVE STRESS. THIS CAN BE CREATING A TO DO LIST, TAKING A WALK, WATCHING A SHOW, ETCETERA. CHECK THE LINK BELOW FOR SOME IDEAS.
4. USE THE ACTIVITIES ON YOUR LIST THROUGHOUT THE DAY BEFORE OR AFTER A POTENTIALLY STRESSFUL SITUATION.
5. AFTER YOU HAVE USED SOME OF THESE STRESS RELIEVING ACTIVITIES, DO ANOTHER TEMPERATURE CHECK. HOW ARE YOU FEELING NOW? HAS THE WEIGHT OF YOUR STRESS LIGHTENED? IF IT HAS, THEN THESE ACTIVITIES CAN BECOME A PART OF YOUR DAILY ROUTINE. IF IT HASN'T, CHECK THE LINK BELOW FOR SOME OTHER IDEAS THAT MAY WORK AS STRESS RELIEVERS FOR YOU.



Parent Practice Tip:

Remember to check in with your children about their stress as well. There are a lot of events taking place around them that they may not understand that may be alarming to them. Include them in your stress management activities to help them build these skills as well.

To Learn More:

What is Compassion?

Stress Management Strategies

62 Stress Management Techniques, Strategies & Activities

www.ChooseLoveToThrive.org