



Well-Being Practices

Gentle Reminders for Times of Stress

WELCOME THE STRESS RESPONSE



Remember that the body's natural stress response is helpful. Your body is "rising to meet a challenge" and is/was doing exactly what it is supposed to do. Not only is cortisol increased during times of stress, but so is oxytocin, the love/bonding hormone which helps us to seek support from others and offer support.

McGonigal, K. (2015).

COMPLETE THE STRESS CYCLE



Helping your body complete its stress cycle is critical, even when you are still being exposed to the stressor. Ways to do this include:

- Move your body/physical activity
- Express yourself creatively (art/imagination)
- Laugh
- Cry
- Be Social
- Take deep breaths
- Share affection
 - 20 second hug
 - 6 second kiss

Nagoski, E. & Nagoski, A. (2017).

CONNECTION & RELATIONSHIP



We are not meant to struggle alone. Relationships with safe, supportive people enhance our well-being and resilience and help us recover from times of stress and trauma. Talk to someone you trust and share how you are feeling and what you need. We benefit from not only seeking support but giving it. Connect with someone who might need you, too. Connect with your "why" in the world, your purpose and values that help you feel grounded.

EMOTION SKILLS & PRACTICES

Science tells us that we benefit from becoming aware of and welcoming our