



# How do you handle your stress?

In last month's survey, we asked about your strategy for dealing with stress. With COVID-19 now in our everyday lives\*, who couldn't use some tips on stress management? Read on for some great inspiration.

- My international experiences serving economically poor, sick, disabled, and dying individuals around the world is a constant reality check for my own personal hardships. Being truly grateful for all I have, prayer, trusting in God's goodness and love for me, and taking a one-step-at-a-time approach really helps. Things do get better, and we will get through it, if we persevere!
- Exercise and positive social interaction are my go tos. During my divorce (extremely stressful time) I discovered Swing Dancing, which combines the two!
- I've learned that praying and meditating for a few minutes daily have not only helped me cope with stress but made me feel healthier as well.
- Guided meditation
- I play video games to take my mind off current affairs in life that could be stressing me out. It's a really good way to relax and take your stress out on something not real, rather than possibly take it out on someone or something that matters.
- Breathe. Trail run. Yoga. Dog walk. Listen to the birds.
- Deep Breathing, Exercise, exercise, exercise :)
- Take a walk, find a place to relax then take deep breaths for 5-10 minutes
- Pause. Take a deep breath. Concentrate on the things I can control. Take action on those things. Offer assistance on those I can't. Smile.
- Get up and get a big glass of cold water. Drink it straight down. I don't know why it helps, but it does.
- The biggest way I fight off stress is telling myself that freaking out isn't going to make things easier on myself and may only make matters worse.
- Go for the outside walk or jog! You would be surprised what even a 15-minute run can do to allow you to think, grab some Vitamin D and clear your mind. Giddy up!
- Stress is caused when we have a problem we think we cannot fix. If you think the problem is too big, try thinking about it as made up of smaller problems until you find one of those you think you can fix. Fix that and re-assess. Rinse and repeat!
- When I get stressed to the point of a panic attack, I do deep breathing and stretching. These help clear my mind.
- Change in environment. Get away from the stressful situation.
- Write down everything on your mind. On paper It engages your thoughts, rather than just emotions. This helps organize your thoughts and create a plan of action.
- Take deep measured breaths, counting the exhalations from one to ten and starting over at one after the tenth.
- When I am stressed, I chop firewood! It is physically active, productive and it doesn't hurt anyone else.
- Step away and take a moment to relax. Regroup and restart.
- Meditating, talking with a friend, going for a run/walk
- When I get stressed out, I seek out a friend or professional I can talk to. I also try to have some time to relax. In that time I like to draw, paint, or go for a walk. I just take a moment to breathe and take care of myself.

*\*Please note: These responses were submitted before social distancing guidelines were in effect.*

Thank you for sharing! We look forward to hearing from you in our next survey!