

Self Care Strategies

When you start feeling anxious...

- Take a walk. Studies show that just 20 minutes of exercise can significantly lower anxiety.
- Reprogram your thinking. Every time you have 1 negative thought, try to think of at least 5 positive things.
- Ask yourself processing questions. When negative thoughts strike, ask yourself these questions to bring the anxious thoughts into perspective.
 - Have I had any experiences that show that this thought is not completely true all the time?
 - If someone I loved had this thought, what would I tell them?
 - When I am not feeling this way, do I think about this type of situation any differently?
 - Five years from now, if I look at this situation, will I look at it any differently?
 - Are there any strengths or positives in me or the situation that I am ignoring?
- Practice the "4-7-8 Breath": Deeply breath in 4 counts, hold 7 counts, exhale 8 counts.
- Download guided meditation apps on your phone, such as Breathe2Relax or SimplyBeing.
- Ask for help! Reach out to family, friends, therapists, or your doctor for help coping with anxiety.

Get restorative sleep!

- Ensure at least 8 hours of sleep each night.
- Establish a regular bedtime routine.
- Turn the thermostat down at least 2 degrees to sleep.
- Turn off all electronics and dim the lights 1-2 hours before your bedtime.
- Don't go to bed hungry.
- Avoid spending time in your room during the day. Your bed is for sleep and sex only.
- Try natural sleep aids like Melatonin 3mg 1 hour before bed to promote your body's natural biorhythms . Ask your doctor before use.
- Body lotions or essential oil diffusers with lavender and chamomile scents can help relax your mind and body.



Stress-Busting Apps

Experiment with these different apps on your smartphone for quick, easy, and accessible stress reduction!

Stress Check by AIIR Consulting and Stress Trackers

Evaluates your stress level at different times of the day and during different activities to become more self-aware.

Stress busting exercises

Relaxation techniques

Relax and Breathe2Relax

Guided deep, controlled breathing exercises

NatureSpace and StillPoint

Relaxing nature sounds and tones

Simply Being and Meditation

Guided meditation sessions set to soundscapes to help you relax and unwind

Simply Yoga and Pocket Yoga

Variety of yoga routines to improve flexibility and destress your day

Office Harmony

Workplace exercises, relaxation techniques

“Stress check” reminders throughout the day

Fluid Monkey, Zen Bound, TanZen, iZen, Garden 2, Bubble Filler, and Pocket Pond

Interactive, relaxation games to take a time-out from your busy days and refocus

