

*These are tools to incorporate into your every day to improve how you manage stress, handle your emotions, and overcome obstacles. Place a star by any that sound good to you and add your own!*

### Regular mindfulness and meditation

1. Box breathing: Trace an imaginary square with your finger. Inhale for a count of three while tracing one side, hold your breath for a count of three while tracing the bottom, exhale for a count of three while tracing up the opposite side, hold for three while tracing the top. Repeat.
2. Body scan: Lie down or sit comfortably. Focus on your feet, then your calves, then your thighs; tightening and then relaxing each body part. Continue slowly up your body, ending with scrunching and relaxing your forehead. Notice any areas of tension or soreness and imagine sending your breath into those places to release stress.
3. Journaling: In a notebook or a notes app, jot down any wins or worries. Don't worry about complete sentences, neat handwriting, or anything else - just get your thoughts out of your head!
4. Meditation: Lots of meditation apps exist and can be helpful. Some people like to meditate on a single word. You can even just close your eyes and breathe deeply for a few moments!
5. Check in: Pause what you are doing and just answer the question: What am I feeling right now? Regular emotional check ins help us balance our emotions.

### Activities to reduce stress

What activities allow you to burn off stress and just find fun?

* Pickleball	*Drawing	*Puzzles	*Baking	*Crafting
*Walking	*Music	*Hiking		
* Reading	*Massage	*Gardening	*Time with pets	
*Journaling	*Dancing	*Cycling	*Swimming	
*Time with kids	*Bubble bath	*Painting	*Pottery	

What activities could you add?

### Healthy lifestyle choices

In which of the following areas could you benefit from improving your habits? Add any healthy habits you can think of.

Average 7+ hours of sleep per night

Limit sugar and processed foods

Aim to walk 8,000+ steps each day

Spend a minimum of ten minutes outside each day

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Exercise three or more times per week

Limit or eliminate alcohol, caffeine, and other mood altering substances

Rest when you are tired

### Social support

Who is your person who....

Listens without judgement?

Makes you laugh?

Is always up for an activity to distract you?

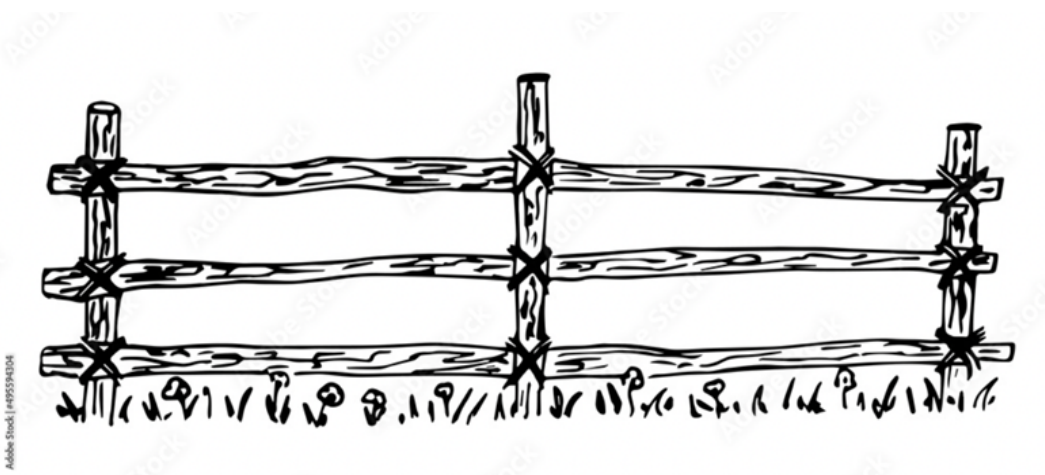
Gives you great advice?

Makes you feel heard and validated?

Helps you process your emotions?

Has been in your shoes?

Is your safe space?



What boundaries could be helpful for you? Some examples include: saying no to things you know you do not want to do, turning your phone off at night, taking your time returning text messages, or not feeling guilty about making time for yourself.

List any helpful boundaries:

#### References:

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