

STRESS BUSTERS

Healthy Ways to Manage Stress



SUPPORTIVE RELATIONSHIPS

Who helps you? Support from others lowers our stress hormones and helps us live longer!

Reach out to friends and relatives who support you.

What can help: community events, parenting support and classes, family counseling, no- or low-cost childcare, and support services if a relationship feels unsafe.



QUALITY SLEEP

Get quality sleep. Experiencing stressful events can put our body on high alert, making it hard to sleep.

Have a relaxing sleep routine, use stress-reduction strategies such as a nightlight, journaling, music, or a mindfulness app.

What can help: sleep assessment, sleep treatments, apps, and books.



BALANCED NUTRITION

Consider how stress may be impacting what you eat. Satisfy cravings for sweets and fats with healthier choices (like peanuts, bananas, grapes). Eat with friends and family.

What can help: food banks, cooking and nutrition education, support groups, and weight programs.



PHYSICAL ACTIVITY

Get your body moving. Release stress energy with physical activity.

Even 5- to 10-minute bursts of activity can help. Aim to get 30 minutes of physical activity at least 5 times every week. Children should get a total of 60 minutes a day!

What can help: exercise and dance classes, recreational activities, and sports.

GENERAL TIPS

- Be kind to yourself
- Plan, set goals, and start small
- Find a way to make it fun
- Don't worry alone

For more information and resources, visit ACEsAware.org/ManageStress



**EXPERIENCING
NATURE**

Spending time outside and in nature can lower our heart rate, blood pressure, and stress hormone levels.

Choose trees over TV! Go to a park or playground. Take a walk just to get fresh air.

What can help: recreation centers, parks, summer camps, bus routes to local free parks, and adventure-based outdoor programs.



**MINDFULNESS
PRACTICES**

Practice mindfulness. Being aware and present in the moment without judgment can lower our stress.

Take moments throughout the day to notice how you are feeling, both physically and emotionally. Practice belly breathing. Find at least one thing to be thankful for each day. Create a regular routine of prayer and/or meditation.

What can help: classes/groups like yoga or Tai Chi, free apps, and books.



**MENTAL
HEALTHCARE**

Support your mental health. Find ways to use the stress busters every day, practice gratitude, focus on activities that provide meaning and purpose in your life, and take time throughout the day to pause to take a few slow, deep breaths. If you are feeling anxious, sad, isolated, or are struggling with addictions, you are not alone.

What can help: Build a support system. Find a support group. It can also be very helpful to talk about what you are going through with a trained professional to help you heal. Schedule sessions for psychotherapy, psychiatric care, and substance use disorder treatment if needed. If you are in crisis, call 211 or 988 for immediate, 24/7 support.

SAFETY

We recognize that it can be difficult to take care of ourselves and our loved ones when we don't feel safe or we are in deep crisis, which makes it hard to even think about all of these stress busting strategies. Please talk to your provider, who can support you in feeling safe, healthy, and well.

- **General support:** Text/Call 211
- **Suicide and crisis line:** Text/Call 988
- **The National Domestic Violence hotline:** 800-799-SAFE (7233)
- **The National Sexual Assault hotline:** 800-656-HOPE (4673)
- **SAMHSA's National Helpline:** 1-800-662-HELP (4357)

aces aware
SCREEN. TREAT. HEAL.

**FIND MORE INFORMATION
AND RESOURCES TO
MANAGE STRESS:**

Visit ACESAware.org/ManageStress
or talk to your health care provider