

# Stress Management Tips

SOME SUGGESTIONS TO STAY GROUNDED DURING THESE  
STRESSFUL TIMES

## STAY CALM

There's a lot of panic out there. In the midst of that, it's easy to forget that we all have things we know can help us find calm and ease. Right now, it's important to take time to do them. Is it a meditation practice, regular exercise, or snuggles with your kids or furry family? Make sure you're doing the things that you know help you connect with calm. Worried to go to the gym? Try a brisk walk in your neighborhood or yoga in your house.

## MANAGE YOUR NEWS CONSUMPTION

There's a lot of news out there--some of it's true and some of it's not. Try to be mindful of the amount of news you are reading and where you are sourcing it. The SFDPH website has good updates that apply to us here in DPH. You might consider setting a limit on the amount of time you spend reading, watching or listening to the news.

## BE PREPARED

Emergency preparation can actually help decrease our anxiety levels because it can help us feel more in control. Take some time to work on your emergency plan for potential disruptions. Make sure your emergency kit is stocked and that you have a few weeks worth of all the medications you need. But be mindful of how much energy you are expending though--over preparing can actually add to your stress. Is the preparation you're doing making you feel more calm and in control? If not, then you may want to take a break and refocus.

## BE MINDFUL OF YOUR BODY

Under stress, it's easy to lose track of what our bodies need. Are you getting enough food, water and sleep? Are you drinking too much coffee, alcohol, using other substances to cope with the stress? Does your body need exercise to move some of the nervousness you are feeling? Try to regularly check in with yourself and be honest. Can you make different choices to support what your body needs? Too tired to exercise? Try gentle stretches before bed.

Written by Chaplain Claire Bohman

## GET SUPPORT

These are stressful times we are living in. Don't be afraid to reach out for support. Talk with a trusted friend, family member, therapist, counselor or clergy person.

