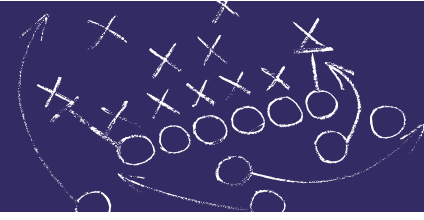


# STRATEGIES FOR COPING WITH STRESS AFTER AN UNEXPECTED EVENT



## Work in Shorter, More Frequent Periods

- Go for quality of study or work time rather than quantity before taking a break.
- Create a designated work space.
- Use timers to help you structure work time and breaks.
- Use a focus app like Forest to stay distraction-free from your phone while working.
- Move your body during a break. Go for a walk or jog for longer breaks and stretch during shorter breaks. Short yoga sequences make great study and work breaks!

## Access Social Support

- Share with others what you are feeling.
- It is ok to continue to talk about your reactions to loss or stress.
- It is also ok to let others know you don't want to talk about it anymore right now. Find something else to connect about or discuss. Just because you don't want to talk about the situation doesn't mean you won't benefit from connection with others.
- Utilize FaceTime, Skype, Zoom, Facebook Live, etc. to connect with others.
- Express gratitude, share funny memories and helpful coping strategies in your group chats.
- Limit time on social media if you find it makes you feel more distressed.

## Practice Self-Care

- Engage regularly in activities /strategies that you know are soothing or comforting to you.
- Exercise, even if you can't do your regular workouts. Walking at a moderate pace is great for anxiety. Add the walking even if you are able to do other training.
- Take a short nap, use progressive muscle relaxation, or other relaxation breathing.
- Take long hot showers and baths- add aromatherapy such as lavender.
- Listen to meditation / mindfulness apps
- Do flow, vinyasa, or hatha yoga.
- Pray.
- Listen / create music.
- Read a favorite book or watch a favorite show.
- Take a mindful walk and observe scenery. Leave your phone at home.
- Practice compassion toward yourself and others
- Remind yourself of your strengths.
- Journal about your feelings and hopes.
- Need ideas- contact me!

## Have a Daily Routine

- Try to incorporate things you would do normally into your “new normal” daily routine.
- Keep some structure to your day- continue getting good sleep and eating regularly throughout the day. Try to keep bed time and your wake up time consistent.
- Include physical activity in your day.
- Designate time that is for connecting with others.

## Practice Gratitude

- Write 3-5 specific things you feel grateful for each day.

## Growth Mind Set

It is helpful to think about how you will grow or develop throughout this experience.

- Reflect on other times you successfully overcame obstacles.
- Remind yourself of your resilience.
- Stay curious about what opportunities are opening to you as other doors close.