



EASY TIPS TO GET OUT OF YOUR FUNK WHEN STRESS STARTS TO BUILD

- *Write for Yourself:* Keeping a private journal is a great place to explore hope and dreams without any criticism. You can safely process your emotions and it tells your mind that you are taking care of the situation which can alleviate the stressful symptoms.
- *Use Spiritual Resources:* Prayer, Meditation, and other spiritual resources that bring you a sense of peace and well being.
- *Do something Ordinary:* When you feel upset or stressed, it can help to take a shower, make yourself some comfort food, or make your bed. Take some sort of action.
- *Wear Something That Makes You Feel Great:* Certain clothes or jewelry that you enjoy wearing. This can bring comfort.
- *Get Something New:* Explore a new topic that interests you. Gather information from the library or internet. Look at something in a new way.
- *Be Present In the Moment:* Often known as mindfulness. Focus on what is going on in the present. Making a conscious effort to pay attention to what you are doing now can help you feel better.
- *Play with Children or Pets:* Running and jumping in play with a pet or reading a story to your child can have calming effects.
- *Stimulate your five senses:* Smell something nice, look at something beautiful, listen to your favorite music, wear something comfortable, take a warm bath, and taste something delicious.