



Well-Being Practices

Gentle Reminders for Times of Stress

WELCOME THE STRESS RESPONSE



Remember that the body's natural stress response is helpful. Your body is "rising to meet a challenge" and is/was doing exactly what it is supposed to do. Not only is cortisol increased during times of stress, but so is oxytocin, the love/bonding hormone which helps us to seek support from others and offer support.

McGonigal, K. (2013)

COMPLETE THE STRESS CYCLE



Helping your body complete its stress cycle is critical, even when you are still being exposed to the stressor. Ways to do this include:

- Move your body/physical activity
- Express yourself creatively (art/imagination)
- Laugh
- Cry
- Be Social
- Take deep breaths
- Share affection
 - 20 second hug
 - 6 second kiss

Nagoski, E. & Nagoski, A. (2020)

CONNECTION & RELATIONSHIP



We are not meant to struggle alone. Relationships with safe, supportive people enhance our well-being and resilience and help us recover from times of stress and trauma. Talk to someone you trust and share how you are feeling and what you need. We benefit from not only seeking support but giving it. Connect with someone who might need you, too. Connect with your "why" in the world, your purpose and values that help you feel grounded.

EMOTION SKILLS & PRACTICES



Science tells us that we benefit from becoming aware of and welcoming our feelings. All of them. Gentle physical touch, like putting your hand on your heart, tuning into your heartbeat, and labeling your feelings may be helpful. Try to do this with acceptance and non-judgement. Feelings are like helpful guides, giving us important information about what we need. Remember they are temporary, always changing.

MINDFULNESS & ATTENTION



There is plenty of research documenting the benefits of mindfulness and attention related to practices to reduce stress. These practices are accessible no matter where you are. Be gentle with yourself and keep it simple.

- Present moment awareness
- 12-minute meditation
- Focused-attention practice
- Draw, color, doodle
- Mindful eating
- Compassion practice

LOVINGKINDNESS PRACTICE

May I/We/They
Be safe and free from harm
Be happy and healthy
Love and be loved
Feel peace and ease

Jha, A. (2021)