

55 Ways to Cope with Stress

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Listen Up, Music is
Good for Your
Health and Helps
Reduce Stress
*Please read this post at
Mom's Well-Being.com*



9 Reasons to
Practice Meditation
*Please read this post at
Mom's Well-Being.com*



Want to Be
Happy? Start with
Gratitude
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1

IDENTIFY STRESS

First step in managing stress is being able to identify when you're stressed

2

AREAS OF STRENGTH

Everyone has strengths. Label your strengths & add new ones to build upon this foundation

3

AREAS TO IMPROVE

Focus on improving areas to help reduce stress. Try new coping skills and strategies

Feeling Stressed? Here's are 55 Ways to Cope and Manage Stress:

The first step to managing stress is being able to identify when you're feeling stressed. Perhaps you feel irritable and snap at those around you, or you lose sleep and become restless, or let go of your routine becoming disorganized. Stress is inevitable, it's how we cope and deal with stress that's important. Having a variety of coping skills and strategies contributes to building a solid foundation to manage life stress and strain.

During times of stress, try these coping skills and strategies:

1. Go for a walk **2.** Journal your feelings and thoughts **3.** Call supportive friends or family **4.** Make a list of then things that make you happy **5.** Look at photos you associate with positive memories **6.** Do something kind for someone **7.** Watch your favorite movie **8.** Listen to Music **9.** Dance **10.** Practice deep, regulating breathing **11.** Prepare a healthy meal you enjoy **12.** Engage in a hobby you enjoy **13.** Meditate **14.** Stretch for five to ten minutes **15.** Express yourself creatively (e.g., drawing, painting, coloring, cooking) **16.** Write down five things for which you are grateful for **17.** Watch a funny sitcom **18.** Get a massage **19.** Take a bath with epsom salts **20.** Go for a hike **21.** Sing **22.** Read a book **23.** Spend time in nature **24.** Take a few minutes and do Progressive Muscle Relaxation **25.** Spend time with a pet **26.** Work on a puzzle **27.** Garden **28.** Go to a local place you enjoy **29.** Practice saying “no” to activities that increase stress **30.** Spend time with someone you love **31.** Pray **32.** Write a letter or send a card **33.** Take a 20 minute nap **34.** Make an appointment with a therapist **35.** Make a list of your favorite memories **36.** Make a list of your



strengths **37.** Clean and organize for thirty minutes **38.** Read and have a cup of tea **39.** Use kind, positive self-talk **40.** Play a musical instrument **41.** Take photos that inspire you **42.** Laugh **43.** Eat a piece of chocolate cake or another treat and savor each bite **44.** Take ten minutes and find items for donation **45.** Recall and write about a time when you overcame an obstacle or stressful event **46.** Exercise **47.** Ask someone you love for a hug **48.** Lower your expectations, accept what is **49.** Practice Yoga **50.** Ask for help **51.** Take care of the basics: healthy eating, get enough sleep, limit alcohol **52.** Spend time with friends **53.** Volunteer in your community **54.** If practicing religion, attend religious services **55.** Think of someone in your life who you look up to and admire, and imagine the advice they would give you in this moment.

STAYING IN BALANCE WITH STRESS

Stress is an inevitable part of life. Not all stress is negative. Stress can be motivating, helping us to complete tasks and demands as needed. Too much stress paired with insufficient coping skills and strategies and stressful life events and loss, can lead to distress. Committing to a lifestyle of self-care, by caring for physical, emotional, mental/cognitive, social and spiritual well-being, creates a foundation to draw upon during challenging times. Staying in balance during times of stress and distress requires daily attention caring for yourself in the aforementioned areas of well-being. To learn more about well-being, self-care and stress management, please visit www.drclairenicogossian.com and www.momswellbeing.com. Here, you can find information on well-being and listen to the podcast, In-Session with Dr. Claire and send a question to Dr.

Claire at her column, [Ask Dr. Claire](#).

