

Emergency Stress Stoppers

1. Count to 10 before you speak or react
2. Take a few, slow deep breaths until your body unclench a bit
3. Go for a walk, even if it's not far. It can help break the tension and give you a chance to think things through
4. Try a quick meditation or prayer to get some perspective
5. If it's not urgent, sleep on it and respond tomorrow
6. Step away from the situation for a while, and handle it later once things have calmed down
7. Break down big problems into smaller parts. Take one step at a time, instead of trying to tackle everything at once
8. Turn on some chill music or an inspirational podcast.
9. Take a break to pet the dog, hug a loved one or do something to help someone else
10. Work out or do something active. Exercise is a great antidote for stress.