

# STRESS MANAGEMENT STRATEGIES

## Be kind to yourself

When you're feeling anxious, treat yourself the same way you'd treat a friend who was having a tough time. Talk to yourself in a kind way and acknowledge your pain.

You can be kind to yourself by taking this 3-part **Self-Compassion Break** – it only takes a couple of minutes:

You can place your hands over your heart if you want.

**Tell yourself: “This is a moment of suffering”** (or name your suffering: “This hurts” or “This is really stressful” or “I’m really nervous about my test next week”)

**Remind yourself: “Suffering is a part of life”** (or “Other people feel this way” or “Everyone struggles in their lives”, “Nursing school is stressful for everyone.”)

**Offer compassion to yourself:** “May I give myself the compassion that I need” (or “May I be kind to myself,” “May I forgive myself,” or “May I lighten up on myself”).