

Stress Management Strategies

DON'T FORGET TO H.A.L.T.

If you're feeling stressed or overwhelmed, answer these questions and then, if you need to, focus on taking care of yourself!

H – Hungry

- When did you last eat? Does your body need food?
- If you are feeling hungry, eat! Hunger may impact your ability to communicate, process, react, and perform.

A – Angry

- What stressors are present in your life that may trigger anger?
- Can you identify what triggered your anger?
- Find a healthy outlet to release anger. Examples are exercising, journaling, taking deep breaths, talking to a trusted family member or friend, or listening to relaxing music.

L – Lonely

- When was the last time you socialized?
- Have you stopped doing activities you used to enjoy?
- Call a friend. Reach out to your support system.

T – Tired

- Have you been getting enough sleep?
- How can you energize yourself?
- Take some time for yourself. Aim for 8 hours of sleep. Take breaks when you need them.