

STRESS MANAGEMENT STRATEGIES

Go to your “happy place”

You can use visualization (mental imagery) to help you detach from the moment and relax. Try this visualization technique anytime:

Imagine yourself in a peaceful, relaxing place (could be your favorite vacation place, a place at home, or a picture of a peaceful place you've seen)

Imagine the sights, sounds, and smells of this place in detail

Picture the place in your mind as if you're actually there

Visualize this place for at least 1-2 minutes

You can take a “mental vacation” to this place whenever you want!

You can also recall times in your life when you have felt peaceful and safe. Revisiting these positive memories can help you feel calmer and more connected to your body and mind so that you are less anxious and more present.