

STRESS TOOL KIT

S/B F P 3 - Do it every day

S/B = Stop what you're doing when you realize you're feeling stressed. Pay attention to what's going on in your body.

Breathe deeply into your belly for two minutes, or until you feel calmer and more centered. Then you'll be able to manage whatever needs your attention more effectively.

F = Ask yourself what you're feeling. Angry, sad, lonely, scared, disappointed, apprehensive? Find a safe person in whom you can confide your feelings.

P = Do something physical every day - walk, swim, stretch, yoga, work out, dance, play tennis or some other sport. Just get out of your head and into your body.

3 = Plan each day to include at least 3 bright spots ! No exceptions - if the day looks like a really demanding one, you'll need even more. Design your own, nobody else's will do. Don't leave this to chance - it has to be built in!



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