



## AMERICAN PSYCHOLOGICAL ASSOCIATION

### FIVE SCIENCE-BASED TIPS TO MANAGE YOUR STRESS



#### CALM YOURSELF

Slowly breathe in for 4, hold it for 4, and then breathe out for 6. Repeat 10 times.



#### FOCUS YOURSELF

Slow your racing thoughts by counting backwards by three in your mind from 100 (100, 97, 94, etc.).



#### RELAX YOURSELF

One by one, tense each muscle group in your body for 10 seconds and then release. Notice how it feels to let your muscles relax and have the tension leave your body.



#### GROUND YOURSELF

Do a quick scan of your body and notice the air around you and any surfaces you are touching. If possible, close your eyes and focus on the sensations, textures, and temperatures.



#### CELEBRATE YOURSELF

You are dealing with huge challenges. Think about 3 things that went well today. If they involved another person, recognize and thank them whenever possible.