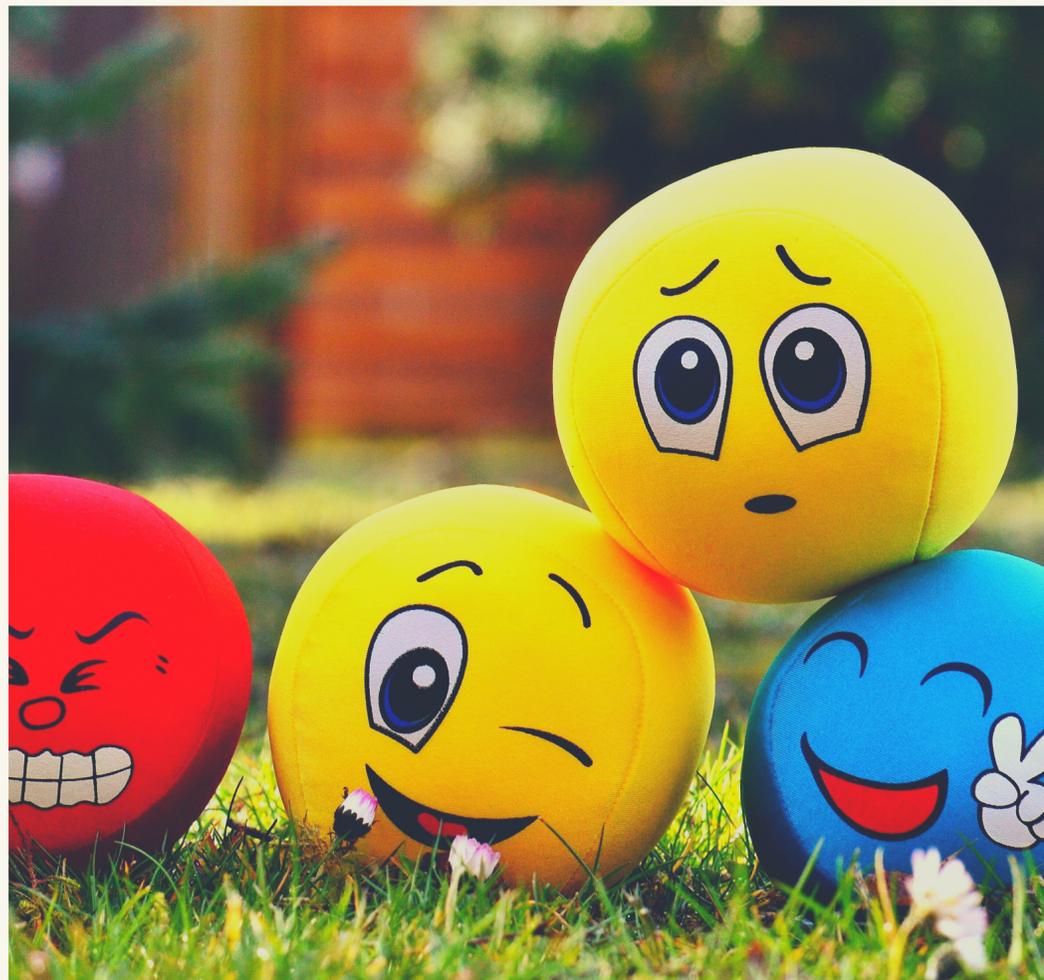
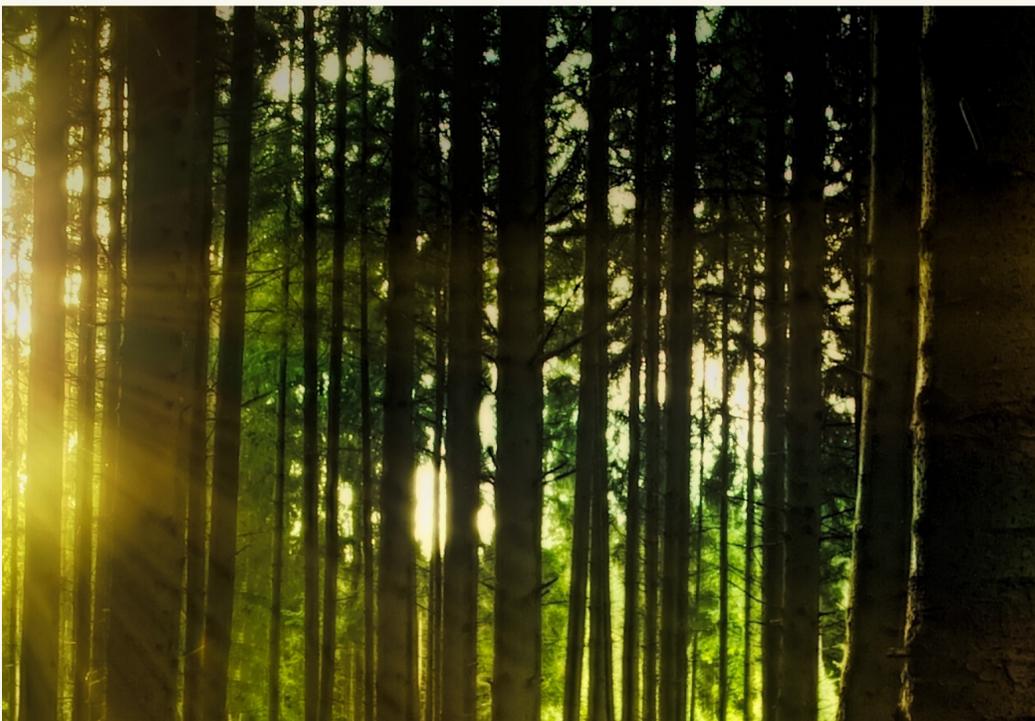
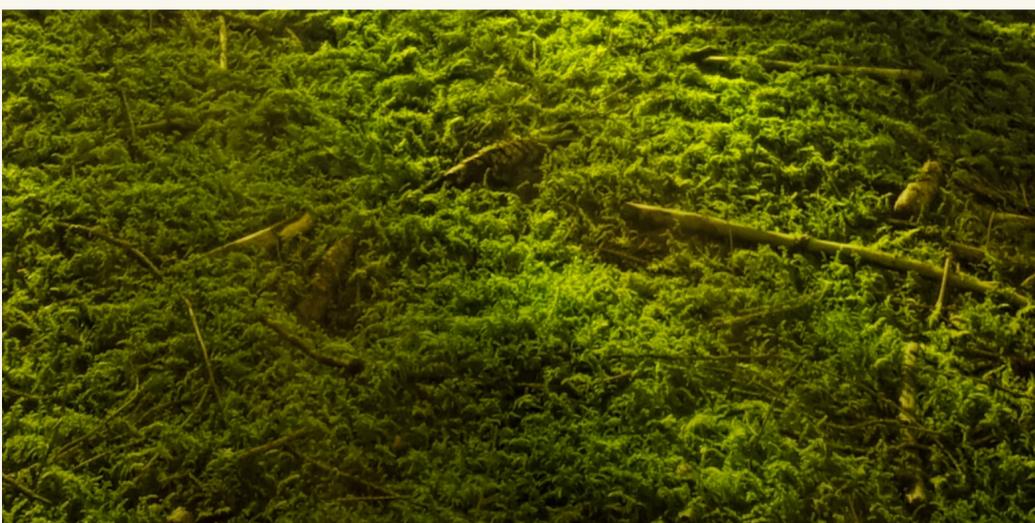


Handling Stress & Anxiety



WE HEAR YOU SAYING...

STRESS AT HOME ALONG WITH WORK STRESS CAN BE OVERWHELMING AT TIMES.



AN INVITATION TO ALL

TALK TO SOMEONE. GIVE YOURSELF PERMISSION TO TALK TO SOMEONE ABOUT HOW YOU FEEL. AS WELL, DEMONSTRATE COMPASSION BY LISTENING TO THOSE WHO HAVE REACHED OUT TO YOU.



IN TIMES OF STRESS

HIGHLIGHTS FROM THE ARTICLE:

- name your emotions
- 3 circles of safety

HOW TO RECOGNIZE STRESS

HIGHLIGHTS FROM THE VIDEOS:

- health habits and stress - sleep, caffeine, and exercise
- stress management
- control and stress

PSYCHOLOGICAL FIRST-AID TOOL

HIGHLIGHTS FROM THE ARTICLE:

- 6 tools to reduce symptoms of acute anxiety