

TAKING A MOMENT FOR SELF CARE

CAN HELP YOU STAY CALM AND COPE WITH CHANGE

Celebrate

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

THE SCIENCE BEHIND WHY THIS WORKS

It is easy to ignore or forget the positives, strengths, and progress when experiencing change. Slowing down to recognize even small successes can underscore one's ability to have some control during a challenging situation and support healthy adaptation to change. Additionally, identifying positive moments consistently, can help reinforce one's accomplishments and ability to cope during times of stress. Consider sharing positive moments with others to help foster a joint sense of support and purpose.

Focus

Slow your racing thoughts by counting backwards in your mind from 100 (100, 99, 98, etc.).

THE SCIENCE BEHIND WHY THIS WORKS

Our thoughts can race when we are stressed; conversely, we can become hyper focused and unable to think about anything other than immediate demands. Neither of these allows us to effectively problem solve. Focusing in a structured way and engaging your brain in a distracting and somewhat challenging task can disrupt unhelpful patterns. When you can settle your thinking, you can return to present demands with greater capacity to analyze situations and make decisions.

Ground

Look at your surroundings and notice the following:
5 things you can SEE
4 things you can FEEL
3 things you can HEAR
2 things you can SMELL
1 thing you can TASTE

THE SCIENCE BEHIND WHY THIS WORKS

When we are overwhelmed and stressed, we can disconnect from the world around us. By focusing on our physical surroundings, we can become more attuned to details and recognize the good, the pleasant, and the neutral in addition to the negative. This allows us to make a more balanced assessment of our environment, which we can carry into each situation we face.

Calm

Slowly breathe in for 4, hold it for 4, and then breathe out for 4.

THE SCIENCE BEHIND WHY THIS WORKS

When we are stressed or overwhelmed, our physiology is often on high alert and all systems are functioning at capacity. This can help us face an immediate threat but wears us out over time. Slowing our breathing allows our bodies to recalibrate and lower our overall level of physiological arousal. This, in turn, reduces our experience of stress and improves our overall wellbeing and functioning.