

WE ARE ALL IN THIS TOGETHER

STRESS RELIEF

Stress is a normal reaction to events such as the pandemic, racial violence, and wildfires. These stressors have altered every aspect of our lives from health and work to education and exercise.



HEALTHY WAYS TO HANDLE LIFE'S STRESSORS AND BUILD RESILIENCE



Cultivate Social Support

Strong social support can improve resilience to stress. Giving support can also increase positive emotions. Find a therapist or join a support group for additional help in managing stressors.



Seek Good Nutrition

Aim to consume a rainbow of fruits and vegetables in your daily diet to protect your health and provide physical energy to deal with challenges.



Relax Your Muscles

Try stretches, massage, warm baths, or Progressive Muscle Relaxation.



Meditate

Try mindfulness meditation or set aside 5 minutes in a quiet place to sit and breathe.



Protect Your Sleep

Create a consistent sleep routine, put down your screens, move your body during the day, and avoid caffeine and alcohol.



Get Physical

Take a moment in nature when air quality allows and enjoy pleasurable activities. Try a brisk 30-minute walk or dance session.



Reframe Your Thinking

Adopt balanced thought patterns in how you respond to and interpret negative events. Maintain a hopeful outlook.



Establish Boundaries

Set work-life boundaries such as not checking email or answering phone calls in the evening. Use your vacation time for time off to rest and recharge.

2020 CCHS WELLNESS SURVEY ENDS TODAY, OCT. 1, 2020! Complete the Survey via **PC/Tablet/Mobile Phone**, <https://bit.ly/34CR0di>.

We care about you. Send your Wellness Tips (hobbies, photos, recipes) to CovidWellness@cchealth.org. Team Members: Priscilla Aguirre, Claire Battis, Amanda Dold, Patricia Hennigan, Helena Martey, Brian M. Johnson, Kristin Moeller, Kimberly Nasrul, Samir Shah, Sonia Sutherland, Arlene Trimble.