

SIX WAYS TO MANAGE STRESS

Life is unpredictable. MJHS licensed creative arts therapists have 6 tips to help you create calm and joy.

1. SLEEP

Keep a regular sleep schedule. Avoid binge watching every night. Limit how much news you watch, especially before bed.

2. PLAY

Make art. Play an instrument. Practice your DJ set. Sing. Listen to music. Read. Write poetry or jokes or puns. Spend time with your pet. Cook or bake. Do healthy things that make you feel happy.

3. EAT

Make healthy choices. Do you crave the crunch? Reach for carrots not chips. Got a weakness for sweetness? Reach for a piece of fruit not pie.

4. MOVE

Exercise to release stressful energy. If you're able, walk or jog around your neighborhood 1-2 times a day. Can't go outside? Pick up a couple canned goods and lift them slowly while seated. Or dance!

5. CONNECTION

Use the phone or video chat to form deeper connections with neighbors, friends and relatives.

6. SPIRITUALITY

Many houses of worship and spiritual leaders now offer services and meetings online. **Find a community that brings you peace and helps you feel hopeful.**

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