

# 8 Solutions to Cope with Stress

When we are stressed, it may feel like nothing helps. Having effective coping, problem-solving, and communication skills can make a big difference.



## PRACTICE RELAXATION TECHNIQUES

Reduce stress through deep breathing, meditation, prayer, yoga, calming music, or time in nature.



## STAY CONNECTED

Support from friends and family can improve well-being when facing stress.



## STAY HYDRATED

Choose healthy drinks like water, as alcohol—especially with medications—can increase stress.



## GET GOOD SLEEP

Poor or insufficient sleep has a significant negative impact on your health.



## EXERCISE REGULARLY

Cardio and strength training can reduce stress levels and keep you mission ready.



## GET INVOLVED IN HOBBIES

Art, for example, can be a positive, creative way to express feelings.



## UNPLUG

Take a break from the news or social media if those activities cause you stress.



## SEEK SUPPORT

Talk to a health care provider, counselor, or chaplain.

