



Manage Stress

Plan for Success

Set realistic goals. Don't commit to more than you can do.

Use relaxation techniques:

- Take a deep breath in through your nose. Hold it in for three seconds. Then blow the breath out through pursed lips. Repeat several times.
- Meditate. Practice yoga or tai chi.

Consult your health care team about relaxation or mindfulness training.

Contact a Crisis Line to receive confidential support if you are in crisis or emotional distress. Call or text 988 to reach the 988 Suicide and Crisis Lifeline 24 hours a day, 7 days a week.

Escape to a place (or picture a scene) where you feel calm, relaxed, and secure.

Spend time with people and/or pets that you enjoy.

Set time aside for doing something that is 100% relaxation.

