



Manage stress.

# Learn how to cope

## *3 Steps to Turn this Message into ACTION*

### **1. Accept that stress is a part of life and that it can be managed:**

- Be as physically active as you can.
- Get enough sleep.
- Eat healthy foods.

Get treatment for conditions that have stress as a symptom. Common ones include:

- Adjusting to civilian life
- Coping with an injury or illness
- Mild traumatic brain injury (TBI)
- Military sexual trauma (MST)
- Posttraumatic stress disorder (PTSD)

### **2. Learn and practice ways to relax:**

- Take part in activities that are fun and/or help you relax.
- Listen to soothing music.
- Meditate.
- Do tai chi or yoga.
- Tense and relax your muscles.
- Write in a gratitude journal.

Take at least 10 minutes every morning to calm your mind.

- Sit or lie down.
- Breathe slowly and deeply.
- Focus on how the inhaled air feels in your lungs and chest. Focus on the present moment.
- There are also many free apps available to guide you through this practice.

### **3. Get help if you need it:**

- Talk out your troubles with a trusted friend, or family member who will listen and offer support.
- Talk to your health care team. Ask which tools, resources, and/or counseling services are good options for you to manage stress.

