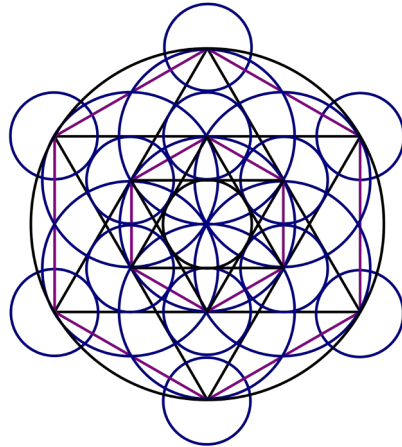


# FOUR PILLARS: Center

The four pillars are: Rest, Center, Nourish and Move



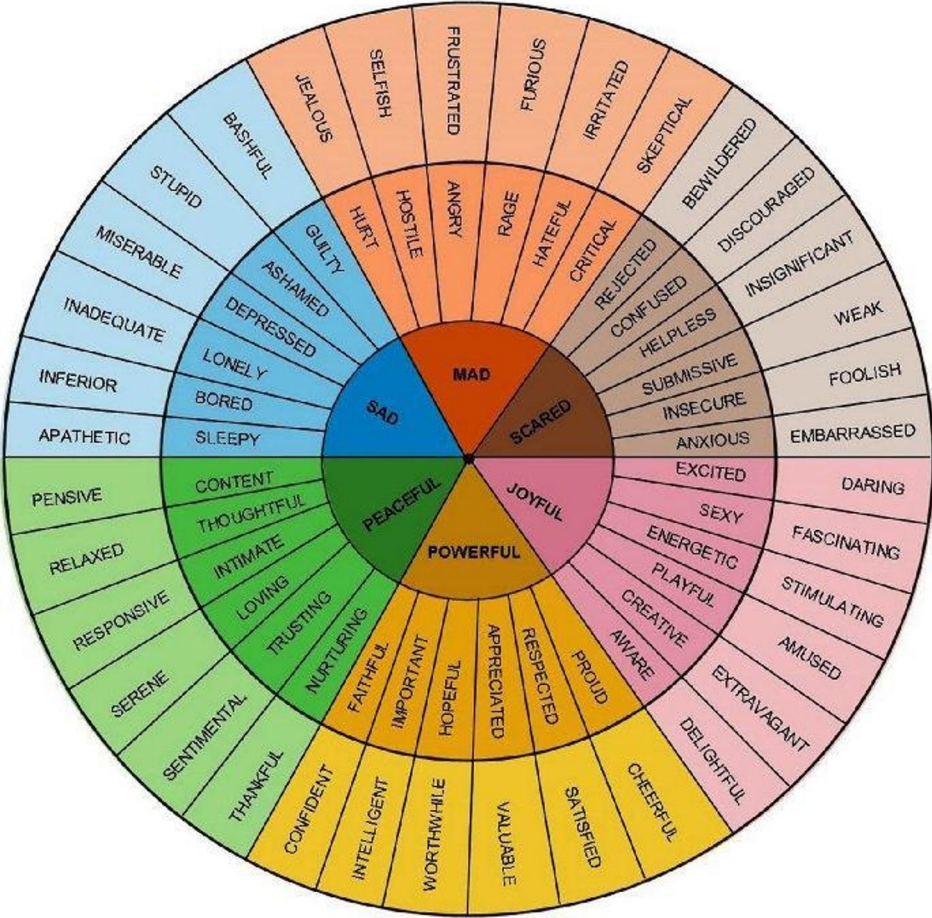
**Activity:** Try these relaxation techniques. Keep a few in mind for when lives gets rough

- **Laugh more often:** Studies show that laughing reduces the stress hormone cortisol, and it boosts your mood. Who or what can help you find more laughter in life?
- **Calm your mind:** Mindfulness, meditation, positive massage and deep breathing exercises can lower your heart rate and calm your mind.
- **Be active:** Walking outside or exercising with friends can help boost mood. You can also try mindful physical exercises like yoga or tai chi.
- **Eat for good fuel:** Aim for more fresh fruits, vegetables, water. Less processed foods, caffeine and sugar.
- **Improve your sleep habits:** How can you control your time of and quality of rest?
- **Keep a journal:** Write down the day's realizations, accomplishments, things you want to improve upon or do differently, three things you are grateful for, etc..
- **Make "me time":** Try to do at least one thing a day that's just for you. It could be a quiet reflection, movement, reading a book, learning something new.
- **Seek help:** Mental health professionals can help you improve how you navigate life
- **Share your feelings:** with someone you trust, respect and help you see new ways.
- **Take control:** Find ways to manage your time and to-do lists. Try planning or visualizing your day. Keep a list of what you can control and let go of what you can't.

## Try these activities

- Practice box breathing to get back in your mind and body connection: Breathe out slowly, release all the air from your lungs. Breathe in through your nose as you slowly count to four in your head. Hold your breath for a count of four. Exhale for another count of four, inhale counting to four. Repeat for 10 rounds and see how you feel.
- Try five senses grounding: Acknowledge **FIVE** things you can see/visualize. **FOUR** things you can touch **THREE** things you enjoy hearing. **TWO** things you can smell. **ONE** thing you like the taste of.
- Feelings are complicated. To understand what's happening beneath the surface, psychologist Robert Plutchik, Ph.D., simplified the range of human feeling into the emotion wheel on the next page. It depicts core emotions that are at the heart of our experiences.

Before you turn the page, take a few moments to think of 10 emotions. It may be oddly hard to get to 10, because we tend to think we live in just a few of them, but there are so many more that we forget to get in touch with. As you look at the wheel, think of times you have been in those feelings to make them come to life



*Note: You should call your healthcare provider if you experience: serious anxiety or depression, chest pain, suicidal thoughts or are in crisis, call or text the Crisis Lifeline at 988.*

**Myth:** Stress only needs attention when you develop major symptoms.

**Fact:** The physical symptoms of stress can include feeling anxious, being short of breath, feeling run down, feeling overwhelmed, disorganized, or having difficulty concentrating. Minor symptoms include that twisted or hollow feeling in your gut and headaches. Not managing your stress can lead to major symptoms. Listen to your body and respond proactively with [stress-reducing activities](#).

**Myth:** Stress management means eliminating all stress.

**Fact:** Stress is a part of life. While reducing stressors in your life is one of the goals of stress management, developing new strategies to manage stress such as maintaining your stress/relaxation balance when possible. To help you manage stress over both the short and long terms, The American Psychological Association recommends taking breaks when possible, exercising, laughing, being with people you care about, and meditating or finding quiet time.

**Deeper Reflection:** The first step to relieving stress in your life is to identify stressors. Write down all the things that cause you stress, then circle anything you have control over. Track your stress levels throughout the day, identify stressors and patterns, the cause of stress, how you feel physically and emotionally, your reaction to the stressor, ways you cope.

## SMART Goal Examples:

1. I will start to spend a few minutes per day at x time focused on stress management by trying different things to be grateful for, meditating, stretching and trying something new each week until I have at least five tools I can go to in order to manage stress. I will celebrate by treating myself to x after three weeks.
2. When I brush my teeth, I will start thinking of at least four things I am grateful for. At first, that will not be easy, but I will keep getting creative and thinking outside the box to come up with four things until I can think of x things. After one month, I will celebrate by an art project of all I am grateful for.
3. I will practice and find new stress management tools until I have at least 12 things I can do to prevent and manage my stress, practicing a new tool each week for a month. I will celebrate by sharing these with someone I care about.

What is your stress SMARTaf goal?:

Specific:

Measurable:

Attainable:

Relevant:

Time-Based

and fun

# Management Tip



## *Supporting Mental Health Support*

As a Manager, it takes practice to open up to get in tune to your team's well-being. During team meetings and 1:1 meetings, see if you can notice when team members are engaged and when they seem more numb.

Normalize prompting the physical and mental health resources available to you and your team. Keep evolving and remain curious about how to foster an inclusive environment, we are all humans first.