Tips for taking care of stress

Boost your mood naturally – be active

Make time to be active. There are fun, easy things to do at home. You can do housework. Spend some time in your yard. Play with your kids or your pets. Download an app. Or try an online video. All of these things can help keep your blood pumping. And exercising can help release endorphins. They're natural mood boosters.

Good sleep can help with stress

Feeling worried and stressed can make it hard to sleep. And not having enough good sleep can make your stress feel overwhelming. Aim for 7-9 hours of sleep each night. Don't drink alcohol or caffeine before bed. And avoid nicotine. If you're still not sleeping well, look at your bedtime routine. Try adding a long bath or a cup of caffeine-free herbal tea. Plan for the next day earlier in the day so you're not thinking about it around bedtime.

Stay connected from a distance

Humans tend to be social by nature. So it's important to stay connected. Even if we need to keep physical distance between us. Technology can help. Reach out to family and friends over the phone, text and video chats. And maybe use this time to rediscover the joy of sending and receiving an actual letter. Nothing beats seeing your loved ones face to face, but you can still give and receive social support.

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