

Build your stress management toolkit.

Managing stress can ease the impact it has on your health and overall well-being. Here are some tips to help you prepare, respond, and recover from stressful situations. Find what works for you and create your own go-to list that allows you to build a personal management toolkit.

Proven ways to prepare, respond, and recover from stress.

Challenge your mindset:

- Avoid:** Find ways to avoid your stressors, such as certain people or places, and learn to say “no.”
- Alter:** Set clear expectations about how you want to be treated. Set time and energy boundaries.
- Accept:** Practice acceptance when avoiding or altering isn't possible. Some sources of stress are unavoidable.
- Adapt:** Regain your sense of control by reviewing your expectations and attitude if the stressor doesn't change soon. Set small, realistic goals to support your health and well-being and focus on gratitude.

Practice healthy lifestyle habits:

- Do something physical, even if it's just a few minutes (especially after a stressful event).
- Stretch your body to reduce muscle tension.
- Avoid over or under eating. Instead try smaller, more frequent meals.
- Take time to unwind before bed. Consider a warm bath, deep breathing, or journaling.

Build and nurture your support system:

- Make a list of the people in your support system and reach out to one when stressed.
- Schedule regular time with your loved ones to connect and support one another.
- Strike up conversation with others in public (called “micro moments” of connection).
- Explore joining a group with similar interests as you. Check out [MOBE Community on Facebook](#).

Spend time in nature:

- Enjoy your morning tea or coffee outside.
- Take a mindful walk on a wooded path.
- Take time to reflect near a body of water.
- Add flowers or plants to your indoor environment.

Explore mind-body practices:

- Practice deep breathing exercises like the 4-7-8 technique, box breathing, or alternate nostril breathing.
- Explore yoga, tai chi, or qi gong.
- Engage in meditation, prayer, guided imagery, or visualization exercises.
- Spend time dancing, listening to music, painting, writing, or reading.

Note: In some cases, think about consulting with your health care team prior to engaging in these practices.

Get personalized guidance for managing stress and more.

Connect with a MOBE Guide or Pharmacist for one-to-one support.
To schedule your next call, use the MOBE Health Guide app or call **844-841-9725**.



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