

5 Tips to Help Manage Stress

American Psychological Association

1. Take a break from the stressor
2. Exercise
3. Smile and laugh
4. Get social support
5. Breathe, Meditate, Be Grateful

SMARTER Goals

Specific, significant, stretching
 Measurable, meaningful, motivational
 Attainable, action-oriented, achievable
 Realistic, relevant
 Time-based, timely, tangible
 Evaluate, excitable
 Rewarding

My Goal:**My Notes:****Family and Consumer Sciences**Ohio Resources www.fcs.osu.edu**Live Smart Ohio**

Follow Live Smart Ohio blog on Money, Food, Mind & Body, Family
livesmartohio.osu.edu

Live Healthy Live Well (LHLW)

Follow on Facebook
go.osu.edu/FBLHLW

Live Healthy Live Well Blog

livehealthyosu.com

Sign up for Texting: Send the message @lhlw365-6 to 81010 to enroll in #LHLW365 to receive twice weekly wellness text messages from OSU Extension.

Mindful Wellnessgo.osu.edu/mindfulwellness

Includes links to factsheets and free online mindful wellness practices

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A couple examples of short, easy mindful practices. What helps you remember to breath and focus throughout the day?

Self-Compassion Break

by Dr. Kristin Neff

Be mindful: Without judgment or analysis, notice what you're feeling. Say, "This is a moment of suffering" or "This hurts" or "This is stress."

Remember that you're not alone: Everyone experiences these deep and painful human emotions, although the causes might be different. Say to yourself, "Suffering is a part of life" or "We all feel this way" or "We all struggle in our lives."

Be kind to yourself: Put your hands on your heart and say something like "May I give myself compassion" or "May I accept myself as I am" or "May I be patient."

Appreciating Our Hands

by Susan Pollak

Look at your hands. Rotate your wrists. Become aware of the sensation.

Clench and unclench your hands. Try to feel them from the inside out. Notice sensations, pulsations, and vibrations within them.

Our hands do so much for us during the day, yet we rarely appreciate them.

Become aware of each finger, the palms, the backs of your hands. See if you can bring some gratitude.

See what it is like to inhabit and appreciate your hands. As you do, you may find that other parts of your body begin to relax.

Let your attention rest in your body before you move on to your next activity



References:

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American Psychological Association
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Neff, K. (2020). Self-Compassion Break
self-compassion.org/exercise-2-self-compassion-break/

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greatergood.berkeley.edu/article/item/why_parents_need_a_little_self_compassion



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