

4 Act

Whatever your stress...

Task too big?

Break it down. Get help.

Nervous?

Cut out coffee and sugar.

Made a mistake?

Admit it and move on.

Overwhelmed?

Make a To-Do list.

No time? Say NO—
suggest someone else.

5 Rate

Where does
today's stress
rate on this
meter?

**Total Nuclear
Holocaust**



75

50

25

0

**Newborn
Sleeping**

When stress hits, you have

3 things for your *body*

Breathe

Stretch

Sleep

2 things for your *mind*

Act

Rate

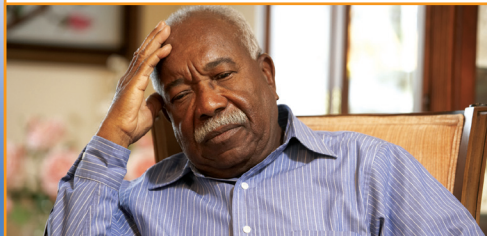
Five Steps from
Stress to Calm: **BSSAR.**
To do anything else
would be *bizarre*.



**Five Steps From
Stress to Calm**

Stress is getting to you when:

- Headaches come often
- You are easily distracted
- Others say you're "touchy"
- Sleep won't come at night
- Breathing is hard
- It all seems so hopeless



1 Breathe

- Close your eyes
- Breathe in while you count to 5 and raise your shoulders up and back
- Breathe out while you count to 10 and slowly lower your shoulders
- Repeat 5 times



2 Stretch

- Lace your fingers, palm in
- Reach to the ceiling, palms down
- Turn your palms up, reach higher
- Lean to the left
- Lean to the right
- Lift legs
- Turn feet in circles
- Roll head to the left
- Roll head to the right



3 Sleep

Don't lie awake. Try:

- A warm shower
- Warm socks
- Making the room dark
- Imagining...

*What makes you laugh
A dream come true*

