

Tips for Stress Management



Check in on Yourself

How are you feeling? What is your stress level?



Find a Safe Space

Go to a place where you can be alone or with someone you trust.



Take a Moment of Calm

Take some deep breaths.



Connect with Others

Find someone you trust and can talk to about how you're feeling.



One Thing at a Time

Focus on one small thing you can accomplish right now.



We're Here for You

To speak with a certified counselor, call, text, or chat 988, 24 hours a day.

