

Stress Management and Coping Strategies

COVID-19 has caused an increasing amount of stress for more than a year now. Colorado Spirit is here to provide you with some basic strategies for managing some of this stress as well as some simple coping skills.

PROTECT YOURSELF FROM OTHERS' EMOTIONAL RESPONSES

- If someone comes into your place of work and seems angry or upset in any way and they start to direct that towards you, try not to let that in. You are not responsible for someone else's negative feelings.

DEVELOP HEALTHY BOUNDARIES

- Do what you can to keep work at work. Whether that's taking the long way home so you can listen to your favorite music and decompress in your car or starting a routine where you do something enjoyable immediately after work, establishing firm boundaries helps to build your resiliency for future adverse events.

PRACTICE EXCELLENT SELF-CARE AND BE KIND TO YOURSELF

- The more grounded we are, the more we will be able to rationally handle and sift through the struggles that come our way.
- Self-care basics: sleep, exercise, hydration, healthy meals, fresh air, and sticking to a routine.
- Remember that you've been through just as much if not more than everybody else. Be kind to yourself. It's okay if not every day is a good day.

DAILY GRATITUDE

- Start you day by sharing one thing you're grateful for. Write it in a journal or on a post-it note on an easy to see area like your desk or bathroom mirror. You can also set up a group chat with your close friends and share your gratitude with each other. "Every day may not be good, but there is something good in every day" -Alice Earle

PERCEPTIONS = REACTIONS = EMOTIONS = BEHAVIOR

- Much of our stress comes from the way we think. If your thoughts are spiraling out of control and you're hyper-focusing on negative events try the 5, 4, 3, 2, 1 Grounding Technique to bring your thoughts back to the here and now.
- Say out loud:

- 5 things you see around you
- 4 things you can touch
- 3 things you hear
- 2 things you smell
- 1 thing you taste

4-7-8 CALM BREATHING

- Inhale for a count of 4
- Hold for a count of 7
- Exhale for a count of 8

The pandemic has also caused a lot of loss, including loss of loved ones, health, safety and security, vacation plans, life milestones, and hoped-for opportunities. The Mind Springs Colorado Spirit team has created a video workshop series on **Grief and Emotional Processing**. Each short video is designed to share a topic on grief, a discussion prompt for you to explore your own personal experiences, as well as a coping strategy. **Scan the QR Code to be taken directly to the video series playlist.**



MindSpringsHealth.org/Colorado-Spirit-Initiative

