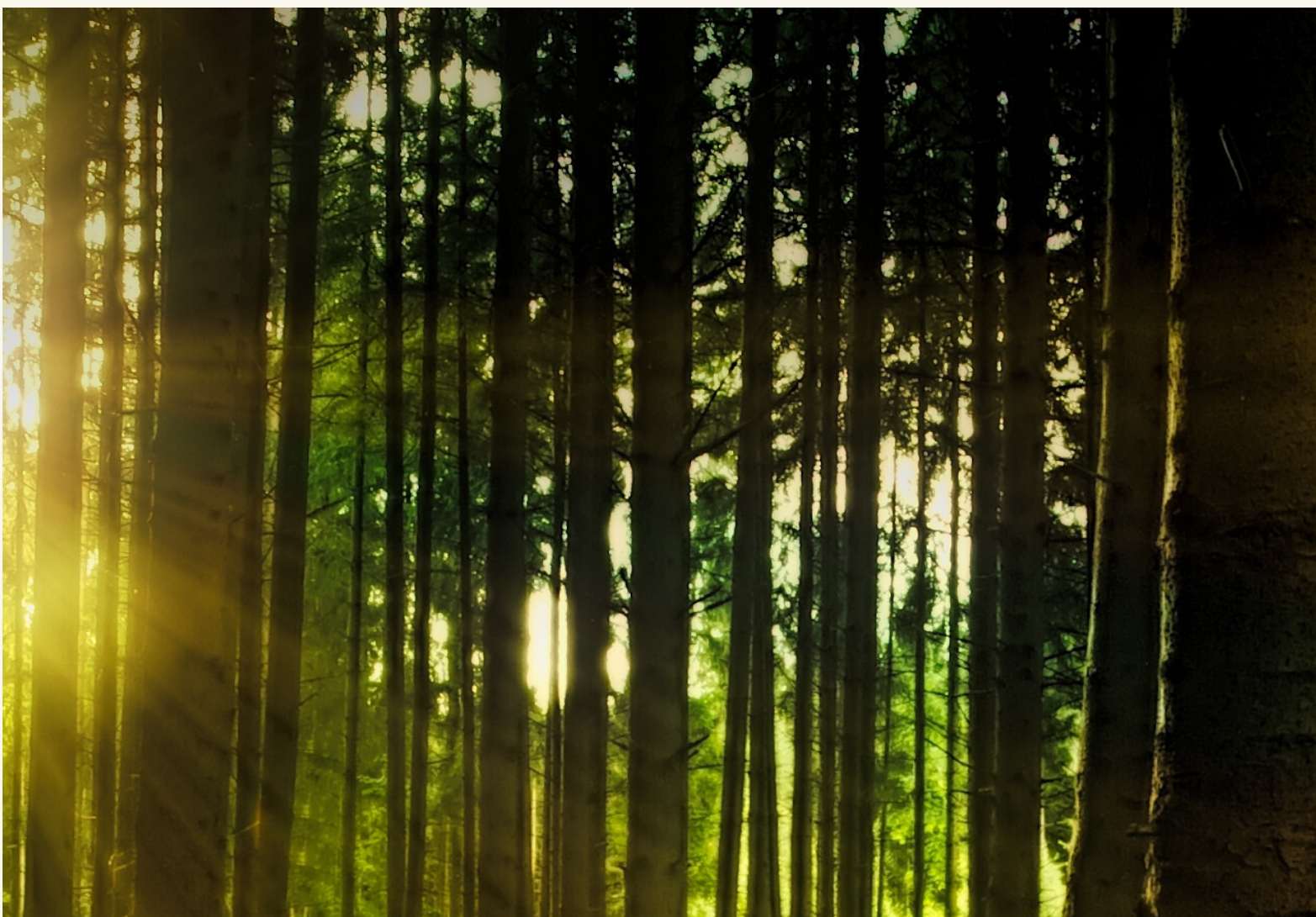


## Handling Stress & Anxiety



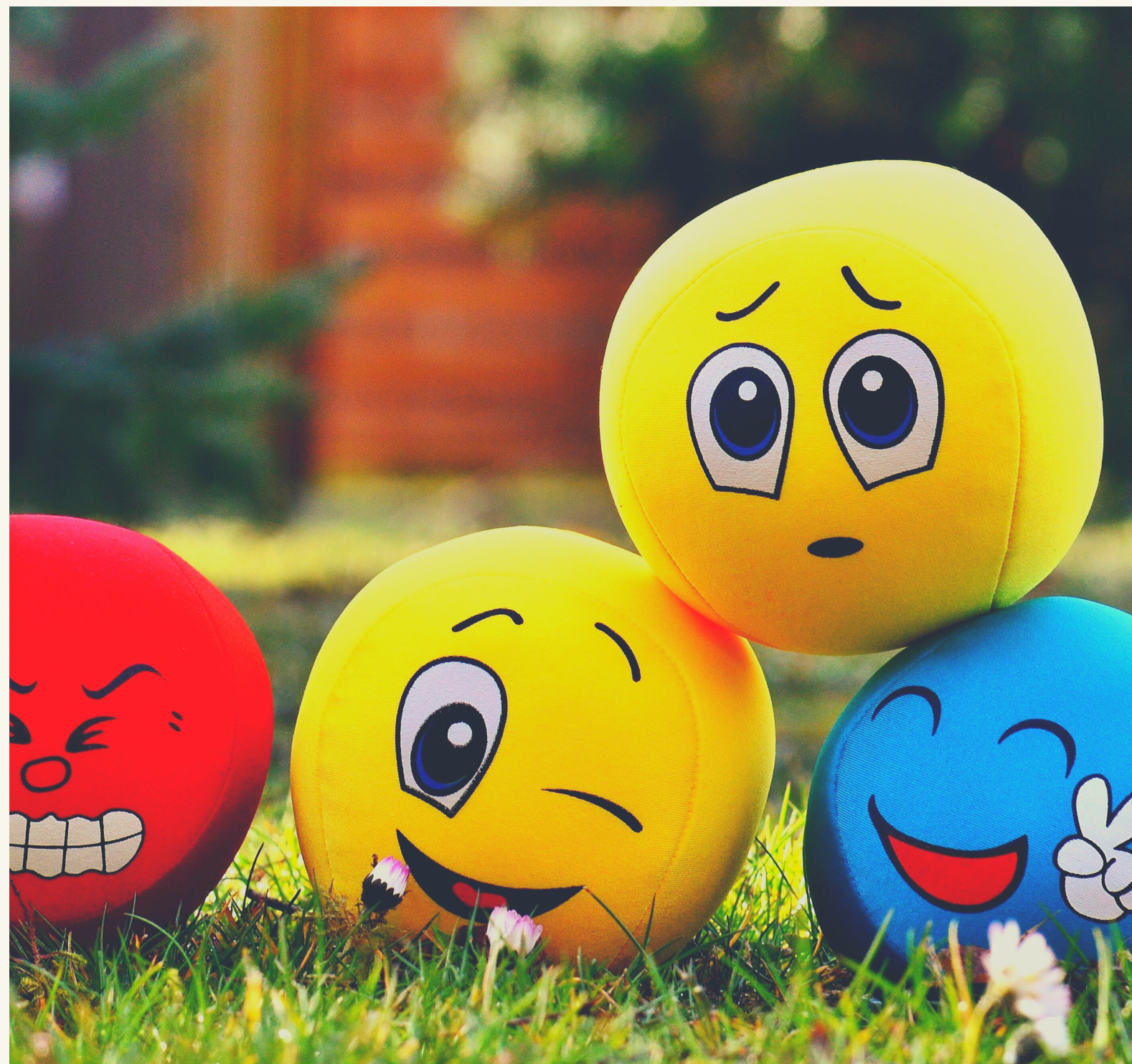
### WE HEAR YOU SAYING...

STRESS AT HOME ALONG  
WITH WORK STRESS CAN BE  
OVERWHELMING AT TIMES.



### AN INVITATION TO ALL

TALK TO SOMEONE. GIVE YOURSELF  
PERMISSION TO TALK TO SOMEONE  
ABOUT HOW YOU FEEL. AS WELL,  
DEMONSTRATE COMPASSION BY  
LISTENING TO THOSE WHO HAVE  
REACHED OUT TO YOU.



### IN TIMES OF STRESS

HIGHLIGHTS FROM THE ARTICLE:

- name your emotions
- 3 circles of safety

### HOW TO RECOGNIZE STRESS

HIGHLIGHTS FROM THE VIDEOS:

- health habits and stress - sleep, caffeine, and exercise
- stress management
- control and stress

### PSYCHOLOGICAL FIRST-AID TOOL

HIGHLIGHTS FROM THE ARTICLE:

- 6 tools to reduce symptoms of acute anxiety