

Let's Talk: Three tips for managing stress

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So we all have stress in our lives, but how do you manage stress so that it doesn't manage you? My name is Erica Hanlon. I'm a licensed professional counselor and life coach. And today's video is all about how to manage your stress.

Think differently about stress

First and foremost, it's important to remember that stress isn't all bad. We all have stress and stress actually serves a purpose. A lot of us feel like we want to eliminate stress entirely from our lives, but that wouldn't be helpful because then you wouldn't be motivated, you'd have no energy, and you'd never get off the couch.

So one of the first tips when it comes to managing stress is to maybe rethink stress a little bit. Remember that stress is there to help motivate you and give you energy. So when you start feeling stressed, don't panic. Nothing's gone wrong, stress is there to help you.

Take care of your body

So when it comes to managing stress, one of the best things you can do is have a healthy lifestyle. So look at things like your sleep. Are you getting enough? Most adults need somewhere between seven and nine hours of sleep every night. Also take a look at your diet. Are you eating healthy meals and are you moving your body? And finally, take a look at your support system. You know having good, healthy, supportive friends and family can make a huge difference in helping us manage stress when it comes up.

Try deep breathing to destress

Finally, you don't need long fancy vacations in order to take a break from the stress in your life and work. If you are needing to de-stress, really all you need is oxygen. Taking deep breaths is like pushing the brakes on your stress response. It tells your brain and your body that you're calm and you can do it anytime, anywhere. If you're dealing with a difficult customer, if you're stuck in traffic, you're trying to homeschool your kids. Anytime, anywhere. All you have to do is... breathe.

So in conclusion, remember, stress isn't all bad. Just remember to take care of your body, have a support system, and don't forget to breathe.

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