STRESS MANAGEMENT TIPS

1. Every morning, count 3 things you are thankful for.

2. Practice relaxation techniques such as breathing mindfully. Breathe 10 breaths in and out without pauses.

3. Carry out activities that you enjoy such as reading a book, painting, playing board games, or creating new recipes.

4. Use a stress ball to fight tension and stress.

5. De-clutter and clean your home of things you no longer need.

6. Take a walking break or try a home workout.

7. Laugh out loud. Laughter lowers your cortisol and boosts your brain.

8. Connect with others by phone, messaging, or online video calls.

9. Make sure to eat well-balanced and healthy meals.

10. Listen to soothing music. It regulates your heart rate, blood pressure, and anxiety.

COVID-19 Wellness Guide

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