

April 2023

LEARN TO LIVE BULLETIN

Your guide in wellness & mental health

April is Stress Awareness Month

Learn to calm your mind when you feel stressed.

We usually feel stressed when we're afraid of something that might happen at work, home, or in general. These non-life-threatening triggers fool our body into believing we're under attack. We might respond by pulling back and withdrawing or fighting back. When this happens, it's helpful to remember that you are safe. You don't need to solve the problem right now. Your only job is to help your body calm down.

Here are a few ways to calm down when you begin to feel stressed:¹

» **Go somewhere quiet.**

This allows you focus and hear what's going on in your head. Take deep breaths for about a minute. Notice any thoughts that come. Let them pass.

» **Clear your calendar.**

A busy schedule can make you feel stressed and anxious. Schedule free time, even few minutes in the day, week or weekend to reduce stress. Free time is just as important as your work and social commitments.

» **Do something with your hands.**

Focus your attention on journaling, baking, gardening, drawing or anything active. This will help calm your mind and reduce stress.

We can help.

Learning to relax during stressful times takes plenty of practice. Your body will always tell you when you need to take a break. The hard part is learning to listen! Learn to Live's **Stress, Anxiety & Worry program** will help you identify your fears and stress. You will learn how to deal with the thoughts and activities that are keeping you stressed or anxious. Our experienced Learn to Live coaches can be helpful, too. Your coach can answer all your questions and provide support through weekly emails, texts or phone calls.



Visit learntolive.com/partners and enter access code **INTACT1** or scan the QR code to download the app. If you're already a member, simply sign in with your username and password. Learn to Live is available to you and your family members, ages 13 and older, all at no cost.

¹ 5 Ways I Calm Down When I'm Feeling Triggered (themighty.com)

