

Calming the Chaos

Tips for managing stress and anxiety

Emotional Care

ATTEND CHURCH
AND BIBLE STUDY



JOURNALING

COUNSELING



SUPPORT GROUPS



ART THERAPY



RIDE THE WAVE

Emotions peak in intensity. Visualizing they are a cresting wave that settles back into the ocean can help you ride the wave of emotion, making it more manageable.



Relational Care



FOSTER HEALTHY RELATIONSHIPS

PRACTICE VULNERABILITY



MAKE GOOD COMMUNICATION
A HABIT



Physical Care

MOVEMENT

Whether its formal exercise or dancing around your living room, movement can use up the adrenaline that's released during stress.



SLEEP

Adults need on average 7-9 hours of continuous sleep per night.



KICK THE
SMOKING HABIT

