

A woman with long brown hair is sitting on a bed with a green blanket, looking up at several books floating in the air around her. The background is a light blue wall with white horizontal blinds. The scene is surreal and dreamlike, suggesting a state of mind or a metaphor for stress.

Tried and True Methods for a Peaceful Life

COPING WITH STRESS

Coping with Stress - Cheat Sheet

Learning the difference between aggressive and assertive

- Make points with respect for others
- Be self-aware
- State your boundaries firmly but with respect to those who are violating them
- Do not attack others and avoid aggressive conversations
- Remove yourself from toxic situations

Redirecting your thoughts and feelings

- Avoid rumination
- Practice mindfulness
- Interrupt negative thoughts with positive thoughts
- Breathing techniques
- List things that bring you joy and peace

Taking care of your body

- Promote positive physical changes in the brain through exercise
- Maintain good nutrition
- Stay active
- Maintain accountability

Identifying your bad habits

- Be honest with yourself
- Think about your vices
- Forgive yourself for vices
- Be realistic with yourself
- Work steadily on healthier coping mechanisms

Know the difference between stress and chronic depression

- Stress can spiral
- Depression can cause you to lose interest in things you once loved
- Treat a diagnosis as an opportunity for learning and healing

Avoiding toxic people and behaviors

- Learn to identify toxic behaviors
- Accept if you also display toxic behaviors and forgive yourself
- Stay calm and try not to be defensive
- Remove yourself from toxic situations and avoid manipulation
- Set firm boundaries

Learn when to ask for help

- Everybody needs help sometimes
- Do not fear being vulnerable
- Be self-aware and realize when you are getting overwhelmed
- Don't be afraid!

Building a support network

- Online support networks can provide good support
- Don't be afraid to vent
- Vent only to people who won't use your issues against you

Having patience and forgiveness for yourself

- Treat yourself with the forgiveness you would give a loved one
- Understand your insecurities
- Let go of resentment
- Use mistakes as lessons in personal growth