

Tried and True Methods for a Peaceful Life



COPING WITH STRESS

Coping with Stress - Resources Report

Coping with stress can be a difficult thing to do, but with the proper tools and resources it can actually be quite easy! Use the following resources to help you win your battle with stress!

Books

Don't Sweat the Small Stuff . . . and It's All Small Stuff: Simple Ways to Keep the Little Things from Taking Over Your Life by Richard Carlson

This book will help you to stay equipped to view each situation in your life with more objectivity. It is a best seller in the New York Times and can be very helpful.

The Upside of Stress: Why Stress Is Good for You, and How to Get Good at It by Kelly McGonigal

This optimistic book helps readers to find the silver lining to the stressful clouds they have been living under and are highly recommended.

Tools

Gratitude Journal

https://www.amazon.com/Gratitude-Journal-Planner-Minimalist-Layout/dp/1700133373/ref=asc_df_1700133373/?tag=hyprod-20&linkCode=df0&hvadid=385606322521&hvpos=1o1&hvnetw=g&hvrnd=4199931126910654153&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9015065&hvtargid=pla-837415287028&psc=1&tag=&ref=&adgrpid=79288119835&hvpone=&hvptwo=&hvadid=385606322521&hvpos=1o1&hvnetw=g&hvrnd=4199931126910654153&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9015065&hvtargid=pla-837415287028

This gratitude journal is one of many that can help you on your journey to coping with stress.

Everyone can use a boost now and then, and using this journal you will be able to keep track of the positives in your life without getting consumed by the negativity bias that can so often plague the human mind.

Stress Diary

https://www.mindtools.com/pages/article/newTCS_01.htm

This website can help you keep track of your highs and lows so you can begin to understand yourself and your stress more in depth. Learning your triggers and your reactions can be a great way to learn how to balance yourself and avoid situations that may cause you harm.