COPING WITH STRESS
TIPS FOR TIMES OF CRISIS AND UNCERTAINTY

CONNECT
It’s difficult to nurture relationships when you aren’t seeing each other face-to-face, but we need each other now more than ever. Use technology to find new ways of connecting with your friends and loved ones from a distance, such as Facetime, Zoom, or Netflix Party.

CREATE
We’re not all born with artistic ability, but everyone can benefit from putting energy into creating something. You can write a story, document this time in history, paint, sketch, color, bake, take pictures, play an instrument, or any activity that gets your creative juices flowing.

FIND JOY
During a time of uncertainty and stress, do small things that bring you joy. This could be brewing a cup of tea, taking a hot shower, watching a Disney movie, or playing with your dog. Make a gratitude list before bed to focus your attention on the positive things in your life.

REST
There are countless distractions and barriers to getting rest, but research shows that adequate sleep can affect your mood and positive thinking. Start a new nighttime routine. This could include washing your face, meditation, putting your phone away, or lowering the lights.

TAKE A BREAK
Our society is experiencing information overload. Take time during the day to put your phone down, unplug and unwind. You can listen to music you love, do a guided meditation, or just have some me-time to reflect and relax.

SPEAK UP
If you’re overwhelmed or lonely, talk to a trusted friend about how you feel. Even if your problems or stressors haven’t changed, sharing your emotions with someone you love can bring relief and be a reminder that you’re not alone.

Looking for mental health resources? We can help. Call our Here For Texas Mental Health Navigation Line, a free helpline offering guidance, resources and support for mental health and addiction. If you’re seeking resources for yourself or someone else, call 972-525-8181 Monday-Friday from 10 a.m. to 6 p.m. Se habla Español.

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