

WHY COPING WITH STRESS MATTERS

In an ideal world we would be able to identify the source of our stress and eliminate the stress from our lives.

While sometimes eliminating stress is possible, that isn't always the case – especially if we don't have control over the circumstances, or experience social bias, discrimination, and stigma. These sources of stress can take a while to address and often require the support of a whole community.

In the meantime, healthy coping strategies can help us feel better in moments of panic, anxiety, and overwhelm.

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Community Health
Access Initiative



RESILIENCE +
RESISTANCE
COLLECTIVE



Paid for by Community Health Services.



DEALING WITH STRESS

COPING STRATEGIES FOR
EVERYONE, WITH LGBTQ+
YOUTH IN MIND



MAKE ROUTINES MORE ENJOYABLE:

- Treat yourself to food, drink, or space you enjoy.
- Listen to your favorite music. Sing. Dance. Lip Sync.
- Put on your favorite outfit, even if you're not going anywhere.
- Change your surroundings: decorate, clean, go somewhere new.

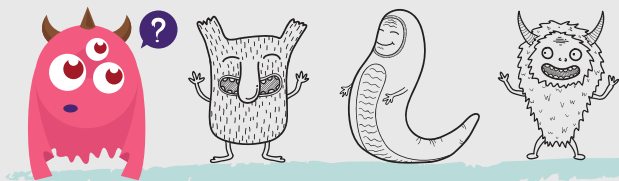
PRIORITIZE YOUR TIME AND ENERGY.

If you can only do a few things, try to get the most important things done first and remember that **it's okay to say no to things.**



GET SOME SLEEP.

SPEND TIME WITH IMPORTANT PEOPLE IN YOUR LIFE & ASK YOUR FRIENDS FOR HELP!



KEEP TO A BALANCED EATING SCHEDULE.

A schedule can help you remember to eat if you're prone to not eating when you're stressed, or help you to not overeat if you're prone to eating more when you're stressed. Set an alarm at the times you plan to eat, if you have trouble with a structured schedule.

DRINK MORE WATER.

Dehydration can impact mood, staying hydrated can increase energy and alertness.



BEWARE OF THE BINGE.

Be aware of what content you're taking in--negative content can impact mental health. Set an alarm so that you only spend a set amount of time scrolling.

CHANGE YOUR TEMPERATURE.

During times of anxiety or panic, hold an ice cube in your hand, go outside if it's cold, put cold water on your wrists or forehead. Changing temperature can calm anxiety.



CHECK OUT FREE GUIDED MEDITATIONS ON YOUTUBE.

TRY A PROGRESSIVE MUSCLE RELAXATION TECHNIQUE.

You can find instructions online at: uofmhealth.org/health-library/uz2225

TRY RELAXING BREATHING TECHNIQUES:

Belly breathing can be helpful for relaxing your body; practice until it becomes habit.

4 - 7 - 8 TECHNIQUE

- empty lungs of air
- breathe in quietly through the nose for 4 sec.
- hold the breath for 7 seconds.
- exhale forcefully through the mouth, making "whoosh" sound for 8 seconds.
- repeat up to 4x.

SQUARE BREATHING

Exhale all air out

inhale (1, 2, 3, 4)

hold (1, 2, 3, 4)

exhale (1, 2, 3, 4)

hold (1, 2, 3, 4)

