

Coping with Stress

Ever felt stressed out? Did you ever think to yourself, "Oh wow what a week or day!" Everyone faces stress from time to time and being an adult by no means exempts us from feeling a mixture of emotions on a pretty regular basis. When we experience some ups and downs all sorts of emotions may come out and dealing with these big emotions can increase our stress levels to an overwhelming feeling.

Long-term stress can build up and cause adverse impacts on our mental health. In the Suicide prevention field most of the time professionals focus on everyone else being safe and being in a good mental state but at times we forget to check within ourselves to practice healthy coping skills to reduce our own stress levels. When our emotions become overwhelming it is important to pay attention and use healthy coping mechanisms to bring our stress levels back to a manageable size.

We can help ourselves and others by tapping in to a variety of coping mechanisms for stress management such as family support which can include spending time with immediate family, chosen family (not related but to us feel like family) or even pets.

Connecting with our positive friends who can help us make healthy decisions, encourage and inspire us! They can make you laugh when you need to smile and be there when we need them most.

Practicing healthy activities can give you strength and help overcome stress in a variety of ways. Most of the time we get stressed we deal with it during work so what can I do to practice a health activity? Going for a walk on a quick break, listening to your favorite music or maybe if dancing or singing is what you're into. Who likes to read? Who likes to draw? Maybe going for a jog outside with your favorite music in the background! Tapping into healthy activities can help us connect to others and help us cope with the difficult emotions we may experience on a regular basis.

Let's be encouraged and encourage others to tap into those healthy coping mechanisms when stress becomes overwhelming. Engage in what helps you get through stressful times and when we practice healthy activities we can engage with others who might be having a bad day. Let's work together to encourage one another on how we can reframe stress in healthy ways!

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