



Proven Ways to Reduce Stress

Distract yourself with activities that make you feel better! These strategies can help you get through stressful feelings and situations:

Healthy Distractions

Activities: Keep busy by reading, cleaning, or calling a friend.

Emotions: Experiencing different emotions can help distract you. Take a break from checking social media and news so often. Try watching funny videos or a funny movie instead.

Stop the Focus: Type or write out the current situation and then put it away so you stop focusing on it for the time being. Do not allow yourself to think about it.

Go back and address whatever it is you pushed away when you are better able to deal with it.

Puzzles: Distract yourself with puzzles that make it difficult to think about anything else.

Please know that you are not alone. It is normal to feel these things during uncertain times.

Stimulate Your Senses

Vision: Look at photos that put you in a good mood.

Hearing: Listen to relaxing music or the sounds around you.

Smell: Find smells that relax you, like lavender.

Taste: Eat or drink something calming, such as mint or herbal tea. Focus on how pleasant it tastes.

Touch: Touch something relaxing, like a soft blanket or pet an animal. You can also squeeze a stress ball!

Be in the Moment

Meditation: Pray in the traditional sense or use this skill as a form of meditation or journaling; reflect on past, current, and future positive circumstances.

Relaxation: Take a nap or enjoy some fresh air.

Imagination: Visualize more pleasant outcomes using guided imagery.

Affirmation: Use positive self-talk. Write inspirational thoughts in a journal. Reflect on how awesome you are and what you are doing well right now.

Vacation: Take a mental vacation from the situation. Escape into a book or a movie.

Visit our website for more tips on stress relief: www.Health.Solutions



Health Solutions Support Systems Available in Pueblo

Are you feeling overwhelmed with anxiety, fear and uncertainty?

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CALL

Health Solutions
Crisis Services
719.545.2746



STATE HOTLINE

Colorado Crisis Services
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