

THE LIFEST LIFECOACHING

# STRESS MANAGEMENT TIPS

SIMPLE HABITS FOR A HUGE IMPACT



## EAT WELL

- Eat an earlier, lighter dinner
- Incorporate lots of vegetables
- Limit alcohol and caffeine

## SLEEP WELL

- Minimize electronic devices 1 hour prior to bedtime
- Journal or meditate prior to sleep
- Keep your bedroom dark or wear a sleep mask



## PRACTICE SELF CARE



- Move your body
- Do something you enjoy - read, listen to music, take a walk in nature
- Try yoga, tai chi, Qigong
- Take care of your senses

## MANAGE YOUR EMOTIONS

- Do your best instead of aiming for perfection
- Practice deep breathing
- Accept that you can't control everything
- Replace negative thoughts with positive ones
- Learn what triggers your stress



## ASK FOR HELP



- Tell friends and family if you are feeling overwhelmed
- Create a personal support group
- Talk to your doctor
- Work with a life coach to learn how to manage your emotions

Sheila Gravely  
The Lifest LLC  
[sheila.gravely@thelifest.com](mailto:sheila.gravely@thelifest.com)

[www.thelifest.com](http://www.thelifest.com)