

Your Stress Less Toolbox

Dialling Up Positivity



Jolts Of Joy

Reach for a favorite song, a funny video, or anything or anyone that makes you smile.

Savoring The Good



What Went Well

On your way home, reflect on what went well today and what made this possible.

Dialing Down Stress



Healthy Distractions

Create a list of healthy distractions you can reach for to short-circuit negativity.

Lean Into Uneasiness



Harness Adversity

What have you learned from stressful situations in the past? How can you use this now?



Connect With Nature

Get out regularly in nature and drink in the wonder and timelessness of the world.



Re-live Peak Moments

Write about a treasured memory for 5-15 minutes and really re-live the feelings.



Disrupt Rumination

Each day, write down a negative thought and prove why this is not 100% true.



Control Controllables

Make a list of what's in your control and focus attention, energy, and action here.



Hunt & Gather

Create a portfolio of meaningful letters, photos, quotes, or songs to savor positivity.



Immerse Yourself

Try to engage all your senses in a pleasurable experience as it unfolds.



Limit Media

Tune into how media or social media leaves you feeling. Adjust your diet as needed.



Name Your Emotions

When you feel uncomfortable, name the emotions you're feeling and breathe slowly.