

# Stress Management

These are strange times, and with so many stressors it can be hard to manage or know how best to cope.

Right now it feels like there isn't much in our control. However, here are a few examples of what we can control:

- How you choose to react to the situations around you
  - The precautions and steps you and your family take for preventative care
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Here are some strategies to help combat the stress and tensions:

- Stop and take 5 deep breaths
  - Take note of how your shoulders are positioned
    - Are they up to your ears? Give them a shrug, and roll them back. Our mind takes cues from our body's position. If your body is more relaxed, your mind will follow suit
  - Get outside for some exercise
    - Even a gentle walk can do wonders for your mental and physical health
  - Drink plenty of water and feed your body healthy food and vitamins
  - Use the Calm or Headspace app for guided meditations
  - Call or video call a friend
    - Connecting with our communities is essential as a reminder that we are not in this alone
  - Keep a gratitude journal
    - It can be very beneficial to remind ourselves of the positive things in our lives, even if they seem small
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These are just a few ideas to help you along in your wellness and self care journey. We encourage you to try some of these strategies and be creative about healthy self care practices that work for you!

For more COVID and wellness tips, check out Dr. Claudia's free e-course on our website! <https://www.quarryparkchiropractic.com/covid-19-free-ecourse>.



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& Wellness Centre