

## Change the way you think about stress

As many of us continue to encounter stress throughout the pandemic, how we think about stress can determine whether we have a healthy response to the challenges we face. Stress does not always need to be thought of as negative.

We encourage you to watch this [TED talk](#) for more on how you can make stress your friend.

While a pounding heart is often viewed as a negative reaction to stress, it prepares us for action by allowing more oxygen to the brain. If you view that as your body helps you rise to the challenge, your physical stress response may likely change toward a healthier outcome.

Stress response also plays a key role in that it increases levels of Oxytocin, a neuro hormone produced in the brain which motivates you to support others and create resilience.

When we view our body's responses to stress as helpful, it gives us courage to begin trusting ourselves to handle life's challenges and reminds us that we don't have to face them alone.

### **How can you have positive interactions?**

#### **Let your 'Values' be your guide**

Acknowledge when you are frustrated, own it, and then breathe, pause and reflect on living these values to steer you toward positivity.