

Finding relief in the face of stress, anxiety

Stress and anxiety are often triggered by internal thoughts and events around you.

While colleagues experience similar events such as the pandemic, economic stressors and ongoing uncertainty, it may affect them differently than it affects you.

It may also be challenging for those around us to get your “psychological pulse” as often we are the only ones who recognize our own internal feelings of stress and anxiety.

We remind you if you don’t feel right to take note of some of the physical signs you are experiencing and don’t hesitate to seek help.

Our psychology drives our physiology; therefore, we may experience warning signs around stress and anxiety that include chest or abdominal pain, heart palpitations, dizziness, shortness of breath, headaches, body aches and trouble sleeping.

Dr. Jeff Lating shares the following self-care tips to consider when coping with stress and anxiety:

- Stay focused and use mindfulness including yoga, meditation.
- Work on perspective taking -- pausing to see and appreciate what someone else may be experiencing or feeling without judgment.
- Think about, and then practice strategies for coping that have worked well in the past.
- Exercise.
- Use journaling to manage emotions and focus on goals.
- Explore a new hobby.
- Prioritize getting enough sleep.
- Create and implement a self-care plan.