

# Your Stress Less Toolbox

## Dialling Up Positivity



### Jolts Of Joy

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



### Connect With Nature

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



### Hunt & Gather

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

## Savoring The Good



### What Went Well

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



### Re-live Peak Moments

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



### Immerse Yourself

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

## Dialing Down Stress



### Healthy Distractions

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



### Disrupt Rumination

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



### Limit Media

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

## Lean Into Uneasiness



### Harness Adversity

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



### Control Controllables

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



### Name Your Emotions

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