

Tools for

MANAGING

STRESS

and

ANXIETY

Acceptance and Commitment Therapy for Stress Relief helps people learn strategies to live life more in the present, more focused on important values and goals, and less focused on painful thoughts, feelings and experiences. **Mindfulness** is a great way to bring you to the present and clear your mind of the “clutter”.

TRY THESE TIPS to help with stress during Covid-19:

Diffusion: distancing from, and letting go of, unhelpful thoughts, beliefs and memories.

Acceptance: making room for painful feelings, urges and sensations, and allowing them to come and go without a struggle.

Contact with the present moment: engaging fully with your here-and-now experience, with an attitude of openness and curiosity.

TRY THESE TIPS to help with anxiety during Covid-19:

Guided Meditation try using a simple mantra from YouTube.

“Bubble blowing” breathing exercise for children *by imagining blowing out a big bubble, and breathing in through the nose.*

Grounding Exercises try touching three objects in your environment and describe them in your mind.

REMEMBER, EVERYONE ACTS DIFFERENTLY
TO STRESS.

Brought to you by your Community Support Team at RAFL & RAFM