

# SKILLS FOR MANAGING STRESS

## MYSTRENGTH ACTIVITIES TO HELP YOU FEEL CALM AND GROUNDED

Ways to reduce stress



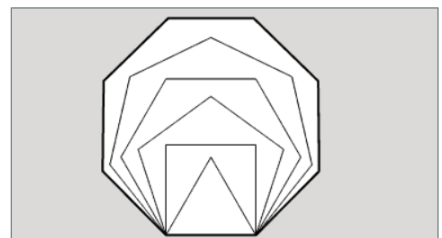
[mystrength.com/r/stress-reduce](https://mystrength.com/r/stress-reduce)

Take an anxiety “snack break”



[mystrength.com/r/anxiety-snack](https://mystrength.com/r/anxiety-snack)

Stressed? Breathe with this



[mystrength.com/r/breathe](https://mystrength.com/r/breathe)

Slow down and appreciate



[mystrength.com/r/little](https://mystrength.com/r/little)

No more overscheduling



[mystrength.com/r/overschedule](https://mystrength.com/r/overschedule)

1-minute meditation



[mystrength.com/r/1min](https://mystrength.com/r/1min)

### My plan:

Where will I access myStrength?

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When will I use myStrength?

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