

# STRATEGIES for MINDFUL LIVING

Courtesy of UAB Employee Assistance & Counseling Center

## Healthy Ways to Cope with Stress

May is Mental Health Awareness Month! Each year millions of Americans face the reality of living with a mental illness. After the last two years of pandemic living, many people are realizing that stress, isolation, and uncertainty have taken a toll on their well-being. Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient.



### 1. Tune out.

Take breaks from watching, reading or listening to news stories, including those on social media. It's good to be informed, but hearing negative news stories can be upsetting. Consider limiting news to just a couple of times a day and disconnecting from phone, TV and computer screens for a while.



### 2. Take care of your body:

- Take deep breaths, stretch or meditate. Check out EACC resources on meditation at [uab.edu/codeblaze](https://uab.edu/codeblaze).
- Try to eat healthy, well-balanced meals.
- Exercise regularly.
- Get plenty of sleep.
- Avoid excessive alcohol, tobacco and substance use.



### 3. Make time to unwind.



### 4. Connect with others.



### 5. Try to do some other activities you enjoy.

Be sure to make your mental health a priority by checking in with friends and loved ones, seeking out counseling at the EACC and taking care of yourself! Visit [uab.edu/eacc](https://uab.edu/eacc) counseling information and additional mental health resources.

— Adapted from [cdc.gov](https://www.cdc.gov)