



Stress Skills are actions that help you navigate your stress response and work through your body's chemical response to external stimuli. By practicing them, you are teaching yourself how to proactively manage the emotional despair found in hopelessness and move towards positive feelings where you activate hope.



The Stress Response

This is when you are emotionally triggered by something in your environment, and you go into fight, flight, freeze, or fawn mode as your body releases stress hormones, such as cortisol, adrenaline, and norepinephrine. You are in your downstairs brain, and can't reach your upstairs brain; the upstairs brain is the place where you make good decisions for moving towards all you hope for in life.

90 Second Pause	Punching a Pillow	Focus on Strengths
Deep Belly Breathing	Crying	Journaling
Napping	Prayer	Exercise
Calming Music	Walk in Nature	Gardening
Reaffirming beliefs	Meditation	Time Near Water and Nature
Visualization	Yoga	
Sensory Engagement	Decluttering	