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IDENTIFY AND MANAGE THE STRESS RESPONSE

When you are emotionally triggered by something in your environment, you go into fight, flight, freeze, or fawn mode as your body releases stress hormones. This is called your **stress response**.

Stress Skills for Serenity

Stress Skills are skills that help you navigate your stress response, calm yourself down, and return to a hopeful mindset. By practicing Stress Skills, you are teaching yourself how to work through your body's chemical response to external stimuli and then respond calmly.

- 90 Second Rule
- Breathing Techniques
- Meditation
- Sleep
- Calming Music
- Visualization
- Journaling
- Exercise
- Engaging Senses
- Gardening
- Time near water and nature
- Massage
- Tapping
- Funny Videos
- Yoga



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hopefulcities.org

5 KEYS TO CREATING HOPEFUL MINDSETS™