

Step Away from Stress

BINGO

Try out 1-2 of the following activities each day for the next 2 weeks to find out which stress-reducing strategies work best for you – get a Bingo or go for a black-out.

Take a 10 minute exercise break

Write out your stress and let it go

Spend time in nature

Keep a gratitude journal

Listen to music that lifts your spirit

Simplify or beautify your surroundings

Look at your stressor in a positive light

Get at least 8 hours of sleep

Download the Sanvello App* and practice using it

Write down 5 positive things about yourself

Call a beloved friend or family member

Focus on deep breathing for 5 min

FREE

Take a walk

Find one way to serve someone today

Watch the Ted Talk: "How to Make Stress Your Friend"

Pack a healthy snack

Find a reason to smile & focus on that

Take 10 min to stretch and relax

Take a 15-20 minute nap

Forgive someone

Visualize yourself in a beautiful calm place

Plan out your day

Give a prayer of thanks

Do something to face your stressor head on

*Sanvello App - BYU has partnered with this #1 app worldwide aimed at helping reduce stress, anxiety and depression. -- BYU faculty, staff and students can all access the premium version of Sanvello at no cost. After downloading the app from Apple or Google Play, create an account using your BYU email address or your netID followed by "@byu.edu." For questions, email Dr. Klint Hobbs at klint_hobbs@byu.edu.