

ARKANSAS RELATIONSHIP COUNSELING CENTER (ARCC)

Stress Management Techniques

What Is Stress?

Stress is the body's natural response to pressure or challenges. While some stress is normal, ongoing stress can affect mental and physical health. Learning healthy coping skills helps improve well-being.

Healthy Stress Management Techniques

- Practice deep breathing and relaxation exercises.
- Engage in regular physical activity or exercise.
- Maintain a healthy sleep routine.
- Practice mindfulness or meditation.
- Talk with someone you trust.
- Set realistic goals and priorities.
- Take breaks and practice self-care.
- Limit caffeine and avoid unhealthy coping behaviors.
- Use positive thinking and focus on solutions.
- Stay connected with supportive people.

Quick Coping Strategies

- Take 5 slow, deep breaths.
- Go for a short walk.
- Stretch your body.
- Listen to calming music.
- Practice gratitude.
- Step away from stressful situations when possible.

When to Seek Help

Seek professional support if stress interferes with daily functioning, relationships, or emotional health. Mental health professionals can help develop effective coping strategies.

Crisis Resources

- 988 Suicide & Crisis Lifeline — Call or Text 988
- Emergency — Call 911
- Poison Control — 1 - 800 - 222 - 1222

Healthy coping leads to healthier living.