

 Click on or scan the QR code to read the summaries

1



REFRAME STRESS

Your view of stress impacts your health far more than the stress itself. To develop stress resilience, reorient your thinking about stress to see it as something that energizes and challenges you. This will improve your ability to deal maturely with difficult moments or crises.



2



REMEMBER YOUR VALUES

Oftentimes, it is the small daily hassles – rather than one-time adverse events – that wear us down. A simple mindset intervention that lets you see everyday obstacles as more manageable is to clarify your values and reaffirm them daily.

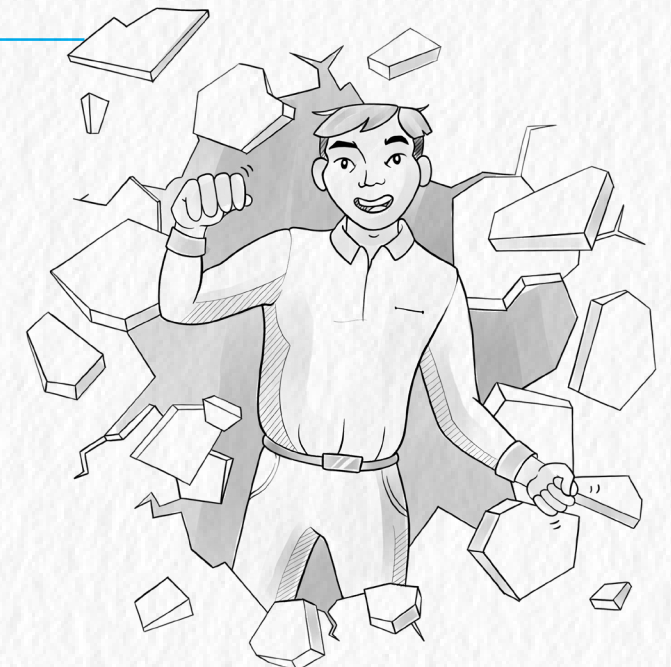


3



FOCUS ON WHAT YOU CAN CONTROL

Worrying about things you don't or can't control drains your emotional energy and makes you weaker. Work instead on changing things you can control. Every small victory will boost your confidence, which will increase the likelihood for you to win again in the future.



4



CULTIVATE MINDFULNESS

Paying attention to the present moment helps us control the racing, repetitive and non-productive thoughts and emotions that lead to stress. Engaging in a formal meditation practice will not just increase your overall wellbeing but also help you respond more mindfully to challenging everyday situations.



5



RECHARGE

Engage in regular activities that help you relieve stress and recharge. Depending on your personality, this might be physical exercise, socializing or meditation.

