

Stress Management Resources

Texas Children's is here to help you take care of your overall well-being. Below are resiliency strategies to help your mind, body and to help you recharge.

BREATHE

Practicing deep or [diaphragmatic breathing for 10 minutes](#), this can help your body to feel more relaxed in stressful moments and will activate the rest response of your brain.

EXERCISE

Get outside and go for a walk/run. Exercise decreases stress as well as gives you a boost of energy to get through your day. With the majority of fitness centers closing, you can continue to exercise with on-demand workouts from [Define](#) or [YouTube](#).

Camp Gladiator has just announced their [Hustle from Home series of workouts](#), where anyone can have access to digital workouts, Facebook live workouts and at-home printable workouts. [Peloton](#) is also offering a free 90 day trial for their workout library of strength, yoga, meditation, boot camp, cycling, and running classes. If you are looking for a quick workout here are some apps that can get your blood pumping and increase your energy:

- [7 Minute Workout](#)
- [Nike Training Club](#)
- [Freeletics](#)
- [FitOn](#)

COMBAT NEGATIVE THINKING

During stressful times, it is not uncommon to spend time inside our own mind worrying about the future. The good news is that with practice, we can replace unhelpful and negative thoughts with more accurate ones. [Learn more about cognitive strategies](#) to have a more positive mindset.

VISUALIZATION

A technique that helps expand our ability to rest and relax by focusing our minds on more calming and serene images. Try this [15-minute guided imagery](#), to help calm your mind.

DRINK PLENTY OF WATER

Drink 8 glasses of water per day. Add fruit or herbs to water to give it a different flavor. Water reduces stress. Studies have shown that dehydration leads to higher cortisol levels, the stress hormone, making it harder to deal with everyday issues.

BE KIND TO YOURSELF

Being a compassionate and supportive friend to yourself can make a huge difference in stressful times. Incorporate more self-compassion with these [guided exercises](#).

EAT HEALTHY

Make sure to nourish your body with the right nutrients to support your immune system and overall health. Stock your kitchen with fresh and frozen fruits and vegetables, a variety of lean animal and plant-based protein sources, healthy fats, and carbohydrates. Use grocery store delivery or curb side pick up to stock your kitchen:

- [Instacart](#)
- [HEB curb side or delivery](#)
- [Shipt](#)
- [Kroger clicklist](#)

LAUGH

Laughter can help us relieve stress, muscle tension, and help us find the humor in everyday life. Share a funny story, meme or video with your family and friends.

BE IN NATURE

Go for a walk, garden, or sit outside to get some sunshine. Nature is a powerful way to manage stress. Taking break through the day to enjoy outside will help you feel less confined if you are working from home.

TAKE A BREAK FROM TECHNOLOGY

Take some time each day to put down your phone or turn off your television. The news can be overwhelming and it is important for your mental health to take a break.

SLEEP

While more sleep won't necessarily prevent you from getting sick, skimping on it could adversely affect your immune system and stress. When going to sleep make sure that you set up your [sleep environment](#) and try to get 7-8 hours of sleep each night. Here are some apps to help you fall asleep faster:

- [Headspace](#)
- [Calm](#)
- [Sleep Time](#) (free)
- [Relax Melodies](#) (free)

SHARE YOUR FEELINGS

Take advantage of technology and talk to a loved one via phone, text or internet. You can also write your feelings down in a journal. Here are names of apps that can assist you with journaling:

- [Day One](#)
- [Journey](#)
- [Universum](#)

LISTEN TO MUSIC

Listening to music can have a relaxing and rejuvenating effect on the body. Music can lower blood pressure and relieve stress.

MINDFULNESS

A practice of training your mind to focus on the present nonjudgmentally. It can help reduce stress and control anxiety. Check this [5-minute meditation](#) to get started.

Currently the app Headspace has a free subscription to all health care workers with an NPI number or a free series called "Weathering the Storm".

Here is a list of apps:

- [Headspace](#)
- [Calm](#)
- [Insight Timer](#)
- [Stop, Breathe & Think](#)
- [Smiling Mind](#)
- [10% Happier](#)

OTHER RESOURCES

We encourage you to utilize the Employee Assistance Program (EAP) and EAP Plus, for confidential emotional support, stress management services and financial assistance. EAP Onsite 832.824.3327 Monday through Friday, 8 a.m. – 5 p.m. | EAP Plus 833.327.7587 24 hours a day, 7 days a week.

For well-being health coaching, please contact Staci Tobolowsky Astrein at sxtobolo@texaschildrens.org.