



What can I try to do to manage my stress?



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What to do now

-  **Take a break.** Pause for a moment and allow your mind to stop.
-  **Eat well.** Try to eat regular, well-balanced meals.
-  **Exercise.** Get some physical activity daily.
-  **Connect.** Spend time communicating with family and friends every day.
-  **Follow a sleep schedule.** Give yourself time to get a full night's sleep.
-  **Avoid alcohol and drugs.** They might make you feel better in the short-term, but they can make it harder for you to physically and mentally manage stress.
-  **Manage pre-existing conditions.** Follow your treatment plans for pre-existing conditions.

I need support

- **Don't be silent.** Talk with a trusted friend or family member who can help. Isolation only makes stress worse.
- **Call your healthcare provider** if stress gets in the way of daily activities for several days in a row.
- **Connect with your mental health provider** to discuss ways you can cope.
- **Talk with your faith based leader.**
- **Call 2-1-1** to learn about community resources near you.
- **Find your local community mental health center** for 24/7 support at www.vermontcarepartners.org/intake-and-crisis-lines.