



While it's not possible or even desirable to eliminate stress completely, it is useful to learn ways to manage it.

### Resiliency

- **Focus energy on those things you can change.**
- **Think positive**—we often have no control over unpleasant events, but we can change the way we think about these events. Avoid the following traps:
  - Catastrophizing (“I don’t know how I’ll ever get over this!”)
  - Generalizing (“My dog doesn’t like me, therefore no one will.”)
  - Projecting (“I’m sure this isn’t going to work out.”)
- **Put things in perspective.**

### Mindfulness

- **Practice rest and relaxation**—take six deep breaths. Breathe slowly and deeply in through your nose and out through your mouth. Visualize yourself at your favorite place. Use prayer breaths to help you relax.
- **Use your days off to rest and do things for yourself.**
- **Use a calendar to keep track of deadlines and appointments.**



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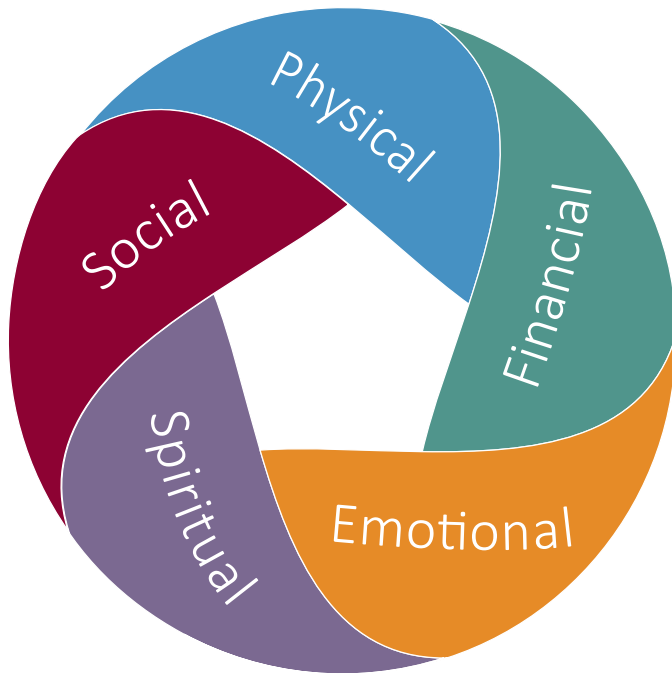
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CONNECTING ELEMENTS OF WELL-BEING



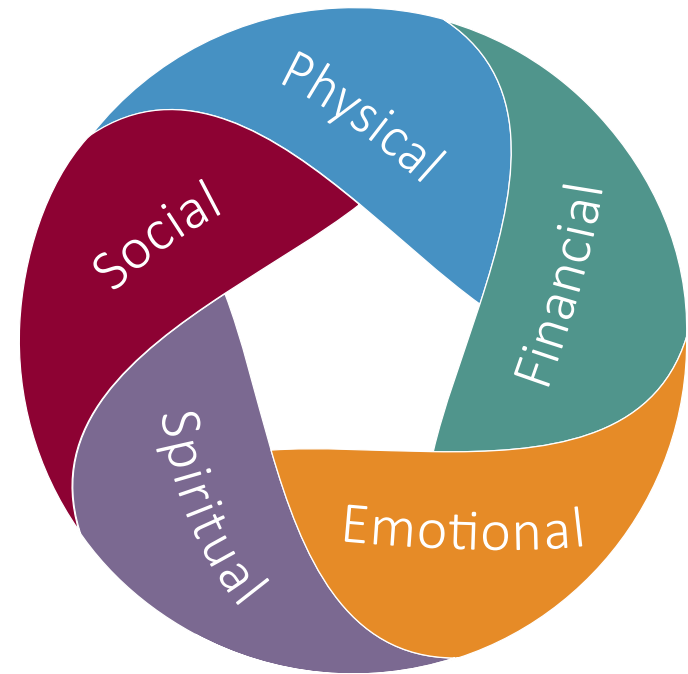
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