STRESS MANAGEMENT STRATEGIES

Be kind to yourself

When you’re feeling anxious, treat yourself the same way you’d treat a friend who was having a tough time. Talk to yourself in a kind way and acknowledge your pain.

You can be kind to yourself by taking this 3-part **Self-Compassion Break** – it only takes a couple of minutes:

- You can place your hands over your heart if you want.

  **Tell yourself:** “This is a moment of suffering” (or name your suffering: “This hurts” or “This is really stressful” or “I’m really nervous about my test next week”)

  **Remind yourself:** “Suffering is a part of life” (or “Other people feel this way” or “Everyone struggles in their lives”, “Nursing school is stressful for everyone.”)

  **Offer compassion to yourself:** “May I give myself the compassion that I need” (or “May I be kind to myself,” “May I forgive myself,” or “May I lighten up on myself”).