

# Ways to Relieve Stress

Be aware of how you're feeling and try healthy coping techniques to lessen anxiety, reinforce your immune system, and care for psychological needs:

- Breathe deeply
- Practice staying in the moment and in perspective
- Take care of your body - eating healthy, exercising, and getting enough sleep
- Enjoy cooking, preparing, and sharing meals in your safety circle
- Use healthy apps to add variety, fun, and convenience
- Avoid overreliance on food, alcohol or other drugs
- If in recovery, participate in online support groups
- Create a schedule and prioritize self-care
- Take a day off, create space between work and home
- Request time to process after a traumatic event
- Connect with others (virtually or safe social distancing)
- Be kind to one another
- Limit COVID-19 news to credible sources
- Focus on what's good in a gratitude journal
- Accentuate the positive - reframe negative experiences
- Hold support conversations with peers (buddy system) on common feelings/experiences
- Share healthcare knowledge to inform the general public
- Become aware of unresolved stress on mental well-being
- Ask for mental health support as needed, during and after the pandemic

## Try the Navy SEAL breathing technique (Box breathing)



**1** Inhale for 4 seconds



**2** Hold lungs full for 4 seconds



**3** Exhale for 4 seconds



**4** Hold lungs empty for 4 seconds



**5** Repeat as necessary

Learn more about this technique: [quietkit.com/box-breathing](https://quietkit.com/box-breathing)

For more tips to improve your well-being, visit [AANA.com/COVIDWellness](https://AANA.com/COVIDWellness).

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