

November 1, 2023 is National Stress Awareness Day

Use your senses to cope with stress

Choosing healthy, positive ways of coping doesn't have to be a challenge. Let your senses do the work.



SEE: Distractions can be good. Find something interesting to look at. Step outside and focus on the first tree you see. Create a space in your home that gives you joy.



HEAR: Listen to calming music. Find an inspiring podcast or audiobook. Say positive statements to yourself as a verbal form of self-encouragement.



FEEL: Your skin is a powerful tool in your ability to relax, unwind and find relief. Wrap yourself in a soft blanket. Stretch your muscles or get a massage.



SMELL: Aromatherapy can be comforting. Use your favorite lotion, perfume or cologne. Light a scented candle. Step outside and take a deep breath of fresh air.



TASTE: Food can affect your mood, and hunger can lead to irritability. Rather than turning to junk food, try sucking on hard candy or sipping herbal tea.

Visit your member website for more information.