



Do You Have Stress in Your Life?

What is **stressing** you out the most? - Relationships? Work? Health Issues? Finances?
Another stress/worry situation?

Are you interested in easy ways to reduce your **stress**?

Try these simple but effective ways to manage stress and worry! If you find these aren't helping enough, you are invited to make an appointment with mental health staff or our Primary Care/Mental Health Integrated Team. These "Stress Busters" can help coach you to a more stress-free life. You can make an appointment today during your check out from the clinic with our administrative staff or ask your provider or call our call center at **800-214-1306** today.

1. **Take Some Deep Breaths.** Deep, slow breathing can bring your heart rate and blood pressure down quick and help to focus your mind – just 5 breathes can help! Sit comfortable with hand on your stomach and close your eyes. Take a deep breath and hold for two seconds and slowly exhale. Let your hand rise with each break and focus on the feeling of the air coming in and going out. Want a coach for more advanced breathing skills? Try this website for guided breathing and meditation recordings:
<https://mobile.va.gov/app/mindfulness-coach>
2. **Talk it through with family or friends:** Confiding in a friend or relative about what you are going through can be a powerful way to feel understood and to hear advice on solutions and ways to reduce stress. You are not alone, ask for help from friends and family.
3. **Meditate:** Learn to meditate for even a few minutes of the day to focus and settle your mind. There are many ways to meditate consider a VA app <https://mobile.va.gov/app/mindful-coach>
4. **Add More Positive Activities to Your Life:** Sometimes we need to boost our mood through more participation in positive activities. Try this VA app for ideas! <https://mobile.va.gov/app/mood-coach>
5. **Learn Skills to Manage Stress:** Dealing with stress is like building up a muscle – it takes time and effort to get to where you want to be. "Moving Forward" is a VA online course that teaches skills to help you overcome stressful problems and meet your goals. Lots of good ideas here and there is an app for iOS users.
<https://www.veterantraining.va.gov/movingforward>.
6. **Learn about Living Whole Health** and complete your own Personal Health Inventory and a Personal Health Plan to share with your VA treatment team. Choose from a number of Well Being Programs at <https://www.va.gov/wholehealth/>

VA Pacific Islands Health Care System – We care about your stress and worry!

