Calming the Chaos
Tips for managing stress and anxiety

Emotional Care
- Attend Church and Bible Study
- Journaling
- Counseling
- Support Groups
- Art Therapy

Ride the Wave
Emotions peak in intensity. Visualizing they are a cresting wave that settles back into the ocean can help you ride the wave of emotion, making it more manageable.

Relational Care
- Foster Healthy Relationships
- Practice Vulnerability
- Make Good Communication a Habit

Physical Care
- Movement
  Whether it's formal exercise or dancing around your living room, movement can use up the adrenaline that's released during stress.
- Sleep
  Adults need on average 7-9 hours of continuous sleep per night.
- Kick the Smoking Habit