



Stressed?
Worried?

SMILE.
SERIOUSLY,
IT RESETS
YOUR BRAIN.
REALLY,
DO IT
NOW!

**TAKE A DEEP
BREATH**

TAKE ANOTHER

**NOW FEEL YOUR
BODY**

RELAX

RESILIENT MCDOWELL
AN INITIATIVE OF THE MCDOWELL COUNTY HEALTH
COALITION

FOSTERING WELLNESS FOR A HEALTHIER MCDOWELL

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SCAN ME

STRESS RESET?

IT ONLY TAKES 3 MINUTES TO

Reset Your Brain!

- TAKE 3 SLOW, DEEP, BELLY BREATHS
- STRETCH YOUR ARMS AND LEGS
- GO FOR A WALK OR RUN
- HAVE A HEALTHY SNACK
- READ A BOOK
- TALK TO A TRUSTED FRIEND
- NURTURE RELATIONSHIPS
- HUG SOMEONE
- PUSH AGAINST A WALL TO RELEASE TENSION
- DO SOMETHING POSITIVE YOU ENJOY

How does toxic stress impact your daily life?

Unresolved adversity, trauma, or toxic stress can be a risk factor for health and behavior problems.

Understanding helps. When we learn coping tools, we can begin to overcome the impact of difficult times.

Coping tools can help us when we are stressed!



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