

Stress Detox Strategies: Before, During, After



Shifting your relationship with stress is like running a marathon; what you do before, during, and after are equally important. You've chosen a few strategies to build into your habit and routines. Think about what will best support you before you tip over into distress, i.e. build your resilience, what you will do during distress, and finally what you will do once the stressful event has passed. Remember recovery is an important part of this process.

Before	During	After
<p>Example:</p> <ul style="list-style-type: none">• Establish routines and rituals• Daily Meditation• Daily exercise/Yoga• Healthy eating• Supportive social support	<p>Example:</p> <ul style="list-style-type: none">• Dance• Deep slow breaths• Nature walk• Stick to routines and rituals• Talk to a supportive friend• Reframe your perception to bring it back to a healthy challenge	<p>Example:</p> <ul style="list-style-type: none">• Slow down• Rest and relax• Hug a friend• Acknowledge wins• Hugs• Laughter therapy
<p>Your strategies:</p>	<p>Your strategies:</p>	<p>Your strategies:</p>

