# Ways to Manage Stress with Telehealth Therapy (Stress Awareness Month)

With the rise of telehealth therapy, accessing support for stress has never been more convenient. Today, we will explore the many benefits of teletherapy and share effective strategies for coping with stress in the comfort of your own home.

## Understanding Stress

Stress is a very common struggle that can be caused by a variety of different sources. If they are left unaddressed, chronic stress and anxiety will likely begin to quickly take a toll on both your mental and physical well-being, impacting your quality of life and overall happiness.

## The Rise of Telehealth Therapy

Telehealth therapy, also referred to as teletherapy or virtual counseling, has quickly become a valuable resource for those seeking mental health support. Through secure online platforms, teletherapy offers access to caring and compassionate licensed therapists who can provide support, insight, and personalized treatment for many different mental health concerns, like stress and anxiety.

## The Benefits of Teletherapy for Managing Stress

There are many benefits of teletherapy for managing and coping with stress. These include:

1. Convenience and Accessibility: Teletherapy makes mental health care accessible no matter where you are or how busy your schedule is. No matter what your lifestyle looks like, it allows you to connect with therapists from the comfort and privacy of your own home.
2. Flexible Scheduling: Teletherapy offers flexible scheduling, making therapy sessions easier to fit into your busy lifestyle. Whether you're juggling work, family commitments, social plans, or additional responsibilities, teletherapy allows you to care for your mental health without adding stress or inconvenience to your already full plate.
3. Comfort and Privacy: Participating in therapy from home provides a sense of comfort and privacy that may be lacking in traditional therapeutic settings. With teletherapy, you get to choose the location you feel most comfortable to open up in.
4. Evidence-Based Treatment: Teletherapy delivers evidence-based treatments, such as Cognitive Behavioral Therapy (CBT), mindfulness-based techniques, and stress management coping strategies. These proven approaches can be essential to help you develop coping skills and resilience, allowing you to effectively manage stress and anxiety.

## Strategies for Managing Stress with Teletherapy

* Identify Stress Triggers: Work with your teletherapist to identify the most significant stressors in your life. The two of you can then explore healthy [coping strategies](https://www.apa.org/monitor/2015/12/pc) to utilize as needed. Understanding your triggers will empower you to take proactive steps to manage your stress and build resilience.
* Practice Relaxation Techniques: Relaxation techniques, like breathing exercises, mindful meditation, and guided imagery, can be great tools to reduce stress and promote relaxation.
* Set Attainable Goals: Collaborate with your teletherapist to set achievable goals. Split your larger goals into smaller, more manageable ones. and track your progress over time. Don't forget to celebrate every one of your wins and modify goals as needed to stay motivated and on track.
* Develop Healthy Coping Skills: Explore healthy coping skills and self-care practices that support your mental and emotional well-being. This can include engaging in enjoyable hobbies, seeking trusted support, spending time in nature, or practicing the relaxation techniques mentioned earlier.
* Stay Connected with Your Support: Stay in contact with your teletherapist and lean on friends and family when needed. On a regular basis, seek teletherapy to maintain momentum and accountability in your therapeutic journey. Use these sessions as a chance to check in with yourself, reflect on any progress, and address challenges or concerns as they arise.

Teletherapy is a convenient and useful method for accessing mental health support, especially when you are facing an overwhelming amount of stress. If you are ready to begin teletherapy, we are here for you. [Contact](https://www.michiganpsychologicalcare.com/contact.php) us today.

**References**

<https://www.apa.org/monitor/2015/12/pc>

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