

# Client Goal Guide

## How to Cope with Stress

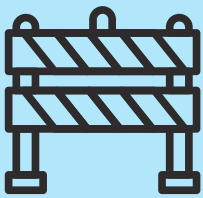
A step by step guide



1

### Prioritize Time Management

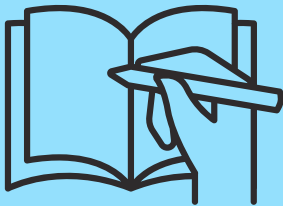
Break tasks into smaller chunks, set realistic goals, and use tools like planning apps to stay organized, which reduces the stress of being overwhelmed.



2

### Set Healthy Boundaries

Learn to say “no” when necessary. Setting healthy boundaries helps to prevent burnout and stress from over-commitment. Setting boundaries also helps to clarify your priorities!



3

### Practice Gratitude

Reflect on the things you are grateful for, either by journaling or simply thinking about them. Gratitude helps to shift your mindset toward positivity.



4

### Practice Deep Breathing

Engaging in deep breathing exercises or mindfulness meditation can activate your body’s natural relaxation response, helping to calm your mind. We recommend “Box Breathing” for quick relaxation.



5

### Exercise Regularly

Physical activity, even just a short walk or stretching, releases endorphins in the brain, which are “feel good” hormones that boost mood and relieve stress.



6

### Take Short Breaks

Whether it's a five-minute walk or a brief meditation, stepping away from stressful tasks helps to clear your mind and refresh your focus.