

## 5 TIPS TO HELP WITH STRESS

### BREATHE

Focus on slowing your breathing to slow your heart rate during times of stress.

Inhale for 4 seconds, hold for 4, exhale for 4, hold for 4. Repeat until anxiety subsides.

### RELEASE

Focus on releasing muscle tension to reduce feelings of anxiety.

Contract one muscle group at a time, starting with your head and ending at your toes. Hold each for 10 seconds, then release.

### VISUALIZE

Let your mind take a mini vacation to help quiet your racing thoughts.

Close your eyes and envision your favorite calming place. Think about the sights, sounds, smells, tastes and feelings you are experiencing.

### MOVE

Do some movement you enjoy to let your body help calm your mind.

Gardening, swimming, walking, dancing, and playing with your child or pet are activities that can help reduce stress levels.

### CONNECT

Take some time to build relationships with others.

Reach out to a friend, family member, or neighbor to talk when you need to. It's okay to be vulnerable and ask for support.

1 (800) 753-6879



Hawaii Department of Health  
Alcohol and Drug Abuse Division  
601 Kamokila Blvd. #360 Kapolei, HI 96707  
(808) 692-750  
[health.hawaii.gov/substance-abuse](http://health.hawaii.gov/substance-abuse)

Funded by the Substance Abuse and Mental Health Services Administration through the Hawaii Disaster Response State Grant.



# KEEP CALM

# THE

# 'OHANA IS READY

## OUR IMPORTANT DOCUMENTS



EMERGENCY CONTACT(S):

PHONE(S):

ADDRESS:

FAMILY NAME:

FAMILY INFORMATION