



YOUR GUIDE TO JUST KEEP COPING

Do you want to build skills that will help you?

- Stay focused, agile and productive when under stress
- Find time for yourself and others when feeling stretched too thin
- Say no to temptations that instead of reducing stress, inevitably add more?

Finding healthy ways to manage stress that comes your way will help. You can retrain your brain to cope with stress when you practice daily habits that aim to alleviate those feelings. Cultivating a sense of humor, immersing in nature, and connecting with others are three key techniques that can help you cope well. Taking good care of yourself is good practice in building resilience to stress and promoting overall physical and mental health.

JUST KEEP COPING

- Cultivate a sense of humor
- Immerse yourself in nature
- Perform an act of kindness
- Take part in my self-care

These actions, however, take practice. Practice. Practice. Practice. When you tackle them one a time, you'll likely be more successful at mastering them. We suggest you choose one of the four actions to start. But before we get started, we'll explore the ins and outs of each action – for example, what actions can I take to cultivate a sense of humor and connect with others?

WEEK 1 OF YOUR JUST KEEP COPING GOAL

In Week 1, we'll prompt you to explore each of the actions listed above. Learning more about each action can help you can decide which one you'd like to master first. Every day in your Newsfeed, you'll find tips and resources to help you explore each action, one at a time.

WEEK 2 OF YOUR JUST KEEP COPING GOAL

In Week 2, you'll be putting what you've learned into practice and will choose which behavior to focus on to *just keep coping* from the list above. We'll provide daily tips through push notifications (remember to adjust your setting on your mobile device!) and your Newsfeed. We'll also provide you with a daily tracker to track and review your progress. Science has shown when you first start a habit, practicing and tracking it daily for at least one week (two or more is better) will help you form the habit.