

# Just breathe...

## *Tips to help you reduce stress and focus on positive activities*

- Keep in touch with your social support groups through social media
- Send an email or a note to someone you haven't connected with in a while
- Go outside and get some fresh air while practicing social distancing
- Read a book
- Play a game
- Bike around your neighborhood
- Practice deep breathing
- Go "dark" on a day off and unplug from all electronics
- Tap into a creative activity like an adult coloring book
- Watch a funny video
- Start a gratitude journal
- Perform a random act of kindness
- Visit [magellanascend.com](http://magellanascend.com) for information and links to self-assessments, videos and other resources
- Take a break from watching/reading/listening to the news
- Call My Secure Advantage at 888-724-2326 for free money coaching for 30 days
- Be kind to yourself
- Focus on the facts
- Don't be afraid to say no
- Do your best
- Practice daily stretching
- Get plenty of sleep
- Think about a happy memory
- While washing your hands, think of three things you are grateful for
- Pick up a new hobby
- Turn on some music and dance
- Clean your home
- Go outside and look at the stars
- Learn something new
- Focus less on what you cannot control, and more on opportunities for self-care