

JULY WELLNESS SERIES

Week 2:

MANAGING STRESS BEFORE IT MANAGES YOU

Stress is a normal response to difficult situations. The key is learning how to manage it before it becomes overwhelming.

This Week's Reflection

How does stress usually show up for you?

What is one healthy coping strategy you can commit to using this week?

Breathe.
Reset.
You've got this.



REMEMBER: SUPPORT IS AVAILABLE

If you're finding this transition difficult, you don't have to face it alone. Safe Haven SSM offers free drop-in counselling for USW Local 2724 members and their families.

DROP-IN COUNSELLING HOURS



WEDNESDAYS

10:00 A.M. - 12:00 P.M.



THURSDAYS

5:00 P.M. - 7:00 P.M.



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WHAT CAN HELP

this week?



PAUSE AND BREATHE.

Try box breathing:

Inhale 4 - Hold 4 - Exhale 4 - Hold 4. Repeat a few times.



MOVE YOUR BODY.

Even 10 minutes of movement can lower stress and boost your mood.



TAKE BREAKS FROM WORRY.

Set aside time to problem solve, then give yourself permission to take breaks from those thoughts.



STAY CONNECTED.

Reach out to people who lift you up and bring you joy. Connection matters.



PRIORITIZE THE BASICS.

Sleep, good food, hydration, and limiting alcohol can make a big difference in how you cope.



Small tools. Big impact.
YOU'VE GOT THIS.

Taking care of your mental health is one of the strongest investments you can make in yourself and your family.

