



## The Power of Unplugging: The Importance of Prioritizing Self-Care

While stress is a normal part of life and can even be beneficial in appropriate doses, in chronic doses it's no longer beneficial and instead becomes toxic to our well-being. Small bouts of stress enables us to respond quickly to threats and avoid danger. However, chronic exposure to stress can be detrimental to our mental, physical, and emotional well-being. Sometimes, stepping away from these stressors even if only for a short amount of time, can be very beneficial. Unplugging isn't about avoiding the stressor(s), it's about reminding ourselves that we matter and prioritizing ourselves over the stressor. It's a way to take your power back instead of letting your circumstances control you. Unplugging allows us to take a mental break away from the chaos, freeing our minds even if just for a few moments. Often times this leads to decreased anxiety, a clearer mind, and an overall sense of better well-being.

## What Can Happen When You Are Chronically Stressed

- Mental health difficulties such as anxiety and depression.
- Increased chances of physical illness, and/or increased intensity of present health issues.
- Can influence decision making, possibly leading to putting oneself and/or others in harm's way.



## Ways to Unplug for Better Stress Management

- Listen to music, podcast, or audio book.
- Read some literature that relaxes you; books, articles, magazines, etc.
- Move regularly; consistent daily activity is pertinent to optimal wellness.
- Spend time in nature.
- Get enough sleep; stress is amplified when we don't get enough sleep and sleep is essential to maintaining good health.
- Relaxation techniques such as deep breathing, guided imagery, and mindful meditation.
- Reduce stress triggers when possible; establishing healthy boundaries can help with this.
- Decrease your screen time; take a break from your phone, computer, and avoid mindlessly scrolling on social media.