



Managing Stress

Ways to feel better on hard days

Moving to a new country can be stressful. It is normal to feel worried, tired or overwhelmed. You are not alone. Learning how to manage stress in healthy ways can help your body and mind feel better.



How stress can feel



Stress can affect your body and your thoughts. You may notice:

- Headaches or body pain
- Trouble Sleeping
- Feeling sad, worried, or angry
- Fast heartbeat
- Trouble focusing

Easy ways to feel better



Try these simple ideas when you feel stressed:

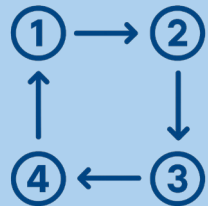
- Take slow deep breaths
- Go for a short walk
- Drink plenty of water
- Talk to someone you trust
- Take a short break and rest
- Listen to music you enjoy
- Focus on one thing at a time
- Write your thoughts in a notebook

Deep breathing exercise (Box Breathing)

Box breathing is a calm breathing exercise. It can help slow your heart and relax your body. Close your eyes and imagine tracing a square as you complete each step.

- 1 Breath in slowly through your nose for 4 seconds
- 2 Hold your breath for 4 seconds
- 3 Breathe out slowly through your mouth for 4 seconds
- 4 Hold again for 4 seconds

Repeat this 4 times, or until you feel calmer.



Helpful tips for daily stress



- Get enough sleep each night
- Eat regular meals
- Stay connected with family or friends
- Keep a simple daily routine
- Be patient with yourself
- Lean on your faith

Remember

You are strong.

It takes courage to start a new life.

It is okay to ask for help.

Small steps add up to feeling better.



Need immediate support?

Call or text 988 for confidential help.
Interpreters available.