



**KEEP
CALM
AND
CARRY
ON**

KEEPING CALM IN A SEA OF CRISIS

Presented by Leigh Downing PCS
Pastoral Care Specialist and Palliative Care Chaplain

DEFINE STRESS

WHAT CAUSES MY STRESS

SIGNS OF STRESS IN MYSELF

WAYS IN WHICH STRESS AFFECTS MY HEALTH

KEEP CALM CHECKLIST FOR YOUR LIFEBOAT

For helpful information, Google HELPGUIDE.ORG, “Quick Stress Relief” and WebMD “The effects of stress on your body.”

1. Talk to someone who listens

6. Practice Gratitude

2. Choose a mantra, affirmation or prayer

7. Tea Time

3. Unplug

8. Visualize

4. Walk

9. Hand Massage

5. Breathe

10. Be brave, CARRY ON
