



*Exercise:*

# ACUTE STRESS MANAGEMENT TECHNIQUES

## ABOUT THIS EXERCISE

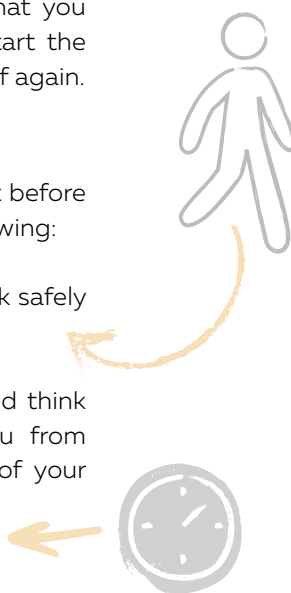
This exercise is designed to help you manage acute stress. Acute stress happens when you are unable to resolve the root cause of a stressor, therefore, stress levels increase, resulting in acute stress.

Unresolved stress causes anxiety and can cause you to neglect yourself, including failing to eat and sleep well. In order to manage acute stress it is important that you prioritize selfcare. This exercise will help you kickstart the process so that you can begin to take care of yourself again.

## ❖ HOW TO DO THE EXERCISE

One of the best ways to relieve stress is walking. But before you start walking, it's important to consider the following:

1. Walk in a safe place (for example, you can't walk safely in some countries at 3 am).
2. Walk 20% or 30% faster than usual.
3. While you walk, observe your surroundings and think about what you're seeing. This will stop you from overthinking and will help you to break out of your thought loop.
4. Walk for five to twenty minutes.



If you are unable to go out due to security reasons, the weather, or a health condition, you can walk inside. Dancing also works well as a substitute for walking.