

## **The Stress Continuum**

| <b>Practice</b>                                     | Activate                    | Support                                | Retreat  |
|---|-----------------------------|--|--|
| Learn & Practice Self-<br>Care Activities:          | Put Self-care into practice |  | Give yourself permission<br>to seek professional<br>assistance and recover |
| Breathing exercises  Yoga  Exercise  Healthy Eating |                             | Look to your team or peers for support |  |

