

Hoe gebruik je je stress?



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These are stressful times. Fortunately, we can use that stress to actually improve our health and well-being.

Here are three steps you can take to harness the benefits of your coronavirus stress while minimizing its harmful effects:



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Step 1: Acknowledge Your Stress

Labeling stress consciously moves neural activity from the amygdala — the center of emotion and fear — to the prefrontal cortex, which is responsible for executive control and planning.

Acknowledging stress moves us from a fearful, reactive place to a position where we can be thoughtful and deliberate.



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Step 2: Own Your Stress

We only stress about things that we care about. By owning our stress, we connect to the positive motivation or personal value behind it.

If we deny or avoid our stress, we may actually be denying or disconnecting ourselves from the things we value and treasure most.



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Step 3: Use Your Stress

Now it's time to use or leverage stress to achieve your goals and connect more deeply with the things that matter most.

To connect with the values and goals underlying your stress, complete this sentence: "I'm stressed about [insert stressor from step one] because I deeply care about ...". For example →



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You worry your family will get sick. Is snapping at them for not washing up properly the best way to protect them?

You worry about the virus's impact on society. Is obsessing over news coverage the best way to support your community?

The way you respond can minimize the harmful effects of stress. The trick is to channel your coronavirus stress as energy to make the most of this time.