



How to be better prepared for stress:

A) Healthy lifestyle:

1. **Daily physical activity** (should do at least 150–300 minutes of moderate-intensity aerobic activity):
 - improve the adaptative reaction of sympathetic and parasympathetic;
2. **Daily adequate water intake** (About 15.5 cups [3.7 liters] of fluids for men, and 11.5 cups [2.7 liters] for women):
 - dehydration leads to a decrease in performance of the organism;
3. **Daily adequate food intake** (A balanced diet with a sufficient amount of essential nutrients and especially complex carbohydrates):
 - helps maintain an optimal blood sugar level,
 - helps to healthy water intake habits;
4. **Enough of good sleep** (7 or more hours per night):
 - helps to be able to have better reactions and better adaptability.

By a healthy lifestyle, we build energy sources and stability of the body for the possible occurrence of a stressful situation.

The stressful situation is difficult in itself - but it is much more difficult for a person to react to it if, e.g., when a person has not had enough sleep.

B) Learn to understand own emotions:

- it leads to better emotion regulation, and it could be helpful, e.g., in the process of calming down.

C) Learn to understand of (i)rationality of own thoughts:

- it helps, e.g., in the process of calming down; in the process of better understanding of the situation; etc.

D) Train to regulate own thoughts (e.g., de-catastrophizing):

- it helps to better handle your own emotions, e.g., in the process of calming down.



E) Build some coping strategy (strategies):

- it is very useful to have some strategy how to cope with stress (e.g., running; listening to favorite music; praying; going outside with friend(s); going for a walk in nature; etc.).

F) Learn how to relax:

- it is useful to know what helps me to relax and how I can prepare myself to relax (e.g., use relaxing music; use imagination; regulate my own breathing; etc.).

G) Build your own network of social support:

- Is there any person to whom I can turn in the case of some emergency, in some hard time?
- It could be a family member, friend, colleague, etc.

H) Be open to help from outside:

- To what extent a person has prejudice and stereotypes about help from the outside?
- Is getting help from others something like a weakness of a person?
- Do you have some prejudice about mental health professionals?

Above-mentioned points are not only helpful in the prevention (e.g., when a helper works in some organization) but it is very useful to map these points in the case of psychological intervention related to stress (trauma). By mapping these points, helpers can find important sources that can help in the process of recovery from trauma. Also, some of these points are relatively easy to modify and then could be a useful and effective target in the process of learning.