Start-up life doesn't have to cost you your *mental health*

Here are some problem-focused coping techniques you can use in your everyday life to manage your stress.

1. Prioritize

2. Ask for help

3. Create a to-do list

4. Pause and breathe

5. Challenge negative self-talk

6. Don't assume the worst

7. Know when to take a break

8. Start with the easiest problem first

Unsure about when to seek additional support? You don't need to be in crisis to take action toward improving your mental health.

Find quality care fast with SonderMind.

sondermind®

Your *all-in-one* mental wellness solution

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