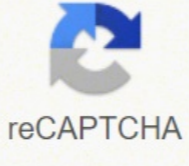




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What to say to someone who is stressed out

To help a friend, family member, or partner who is going through a tough time, you might show up at their apartment with pizza, or demand they come with you on an early morning run — anything to boost their mood and keep their mind off things. But if you're looking for other ways to show you care, or happen to be far away, there are quite a few texts you can send someone who's stressed, that'll also do the trick. Sure, they might not text back right away, especially if they're knee-deep in a tough project at work, figuring out something in their personal life, or feeling overwhelmed in general. And that's OK. It doesn't mean they didn't appreciate your message, or that it wasn't helpful. Sometimes, simply seeing a text or two roll in often makes all the difference when you're in a bad mood. "Showing interest and concern can, by itself, decrease stress," Dr. Carla Marie Manly, a clinical psychologist, tells Bustle. Your text will serve as a quick reminder that they aren't alone and that they have a support system, which is always comforting when life feels out of control. Below you'll find therapist-approved sample texts to consider sending someone who's stressed, based on the situation. "I'm here for you day or night, no matter what!" Westend61/Westend61/Getty Images If someone in your life needs a lot of extra attention right now — maybe because they keep getting sucked into stressful family arguments, and really need to vent about it — this will be the best text to send. "It's a simple, affirming reminder that the person is on your mind and that you are truly available to listen and offer support," Manly says. And that can come as a huge relief, especially if they feel like their problems are pushing people away. "I want to help. Lemme know what you need!" Pizza, morning runs... these may be your go-to ways of combatting stress. But it's important to remember that not everyone reacts to stress in the same way, Dr. Josh Klapow, Ph.D., a clinical psychologist, tells Bustle. Your friend might prefer to stay in and watch movies, as a way to unwind. Or they might even want to be left alone! Support them by asking and finding out exactly what they might need from you, so you can be as helpful as possible. "Want to get together for tea tonight?" That said, if you think this person is too stressed to ask for help, don't hesitate to offer a suggestion. Mull over various relaxing options, like meeting up for coffee or tea, and then send along one concrete plan, Manly says. That way, all they have to do is show up. "I know you have a lot going on. Thinking of you!" This text is a simple way to validate the other person's experience, Klapow says, and show they're on your mind — without adding to their overwhelm or making them feel as if they need to respond. "Remember it's OK to take a break

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