



EXERCISE

Exercising releases endorphins, which can help reduce stress and improve mood.



SPA

Spa treatments can help you relax and de-stress.



SOCIAL NETWORK

Connecting with friends and family can help you feel supported.



MEDITATION

Meditation can help you focus and reduce stress.



PRACTICE BREATH MEDITATION

Deep breathing exercises can help you relax and de-stress.



READ A BOOK

Reading can help you escape your daily stressors.



LISTEN TO MUSIC

Listening to music can help you relax and de-stress.



YOGA

Yoga can help you improve your flexibility and reduce stress.



PLAYING WITH PET

Playing with your pet can help you relax and de-stress.

9 EASY WAYS TO MANAGE STRESS

and

Relax

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Stress Relief Tips

Judd E. Hollander



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