

# 9 EASY WAYS TO MANAGE STRESS



**EXERCISE**

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



**SPA**

Spa treatments can help you relax and unwind, which can help reduce stress.



**SOCIAL NETWORK**

Connecting with friends and family can help you feel supported and reduce stress.



**MEDITATION**

Meditation can help you focus on the present moment and reduce stress.



**PRACTICE BREATH  
MEDITATION**

Practicing breath meditation can help you focus on your breathing and reduce stress.



**READ A BOOK**

Reading a book can help you escape reality and reduce stress.



**LISTEN TO MUSIC**

Listening to music can help you relax and reduce stress.



**YOGA**

Yoga can help you stretch your body and reduce stress.



**PLAYING WITH PET**

Playing with your pet can help you relax and reduce stress.

and

# Relax

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# Stress Relief Tips

**Aino Felicity Virtanen**



**Stress Relief Tips:**

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