

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 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 current situation and relax.



LISTEN TO MUSIC

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



YOGA

Yoga can help you relax and de-stress.



PLAYING WITH PET

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

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Stress Relief Tips

Judd E. Hollander



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