4 ways to deal with stress

☀ In the long-term

- ✓ Exercise regularly
- ✓ Eat well
- ✓ Practice Mindfulness
- ✓ Practice relaxation techniques

⏱ In the short-term

- ✓ Take a walk
- ✓ Practice deep breathing
- ✓ Use aromatherapy
- ✓ Get a hug from a loved one

🏠 Home

- ✓ Express yourself
- ✓ Take action
- ✓ Get organized
- ✓ Create your own space

💼 Work

- ✓ Understand the expectations
- ✓ Avoid multitasking
- ✓ Minimize conflict
- ✓ Get comfortable

🍎 Relationships

- ✓ Remove external stressors
- ✓ Get to the root of the problem
- ✓ Save time for yourself
- ✓ Improve your communication skills

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