

9 EASY WAYS TO MANAGE STRESS



EXERCISE

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



SPA

Spa treatments like massages and facials can help reduce stress and improve skin health.



SOCIAL NETWORK

Connecting with friends and family can provide support and help reduce stress.



MEDITATION

Meditation can help reduce stress and improve focus and concentration.



**PRACTICE BREATH
MEDITATION**

Practicing deep breathing exercises can help reduce stress and improve relaxation.



READ A BOOK

Reading can help reduce stress and improve mental health.



LISTEN TO MUSIC

Listening to music can help reduce stress and improve mood.



YOGA

Yoga can help reduce stress and improve flexibility and strength.



PLAYING WITH PET

Playing with a pet can help reduce stress and improve mood.

and

Relax

Stress Relief Tips

SA Adler



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