



### 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 reality 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.

# 9 EASY WAYS TO MANAGE STRESS

and

# Relax

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# Stress Relief Tips

**PT Brinkman**



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