



## 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

# Guide Stress Relief

**Harry Chandler**



## **Guide Stress Relief:**

Immerse yourself in heartwarming tales of love and emotion with its touching creation, Experience Love's Journey in **Guide Stress Relief** . This emotionally charged ebook, available for download in a PDF format ( Download in PDF: \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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