

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 emotional support and help reduce stress.



MEDITATION

Meditation can help reduce stress, improve focus, and increase self-awareness.



**PRACTICE BREATH
MEDITATION**

Deep breathing exercises can help reduce stress and improve mental clarity.



READ A BOOK

Reading can help reduce stress, improve mood, and provide a distraction from daily worries.



LISTEN TO MUSIC

Listening to music can help reduce stress, improve mood, and provide a distraction from daily worries.



YOGA

Yoga can help reduce stress, improve flexibility, and increase self-awareness.



PLAYING WITH PET

Playing with a pet can help reduce stress, improve mood, and provide a sense of companionship.

and

Relax

www.happinesson.com

Stress Relief Tips

Ying-Ying Zheng



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