

9 EASY WAYS TO MANAGE STRESS



EXERCISE

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



SPA

Spa treatments can help you relax and unwind, which can help reduce stress.



SOCIAL NETWORK

Connecting with friends and family can help you feel supported and reduce stress.



MEDITATION

Meditation can help you focus on the present moment and reduce stress.



**PRACTICE BREATH
MEDITATION**

Practicing breath meditation can help you calm your mind and reduce stress.



READ A BOOK

Reading a book can help you escape your current situation and reduce stress.



LISTEN TO MUSIC

Listening to music can help you relax and reduce stress.



YOGA

Yoga can help you improve your flexibility and reduce stress.



PLAYING WITH PET

Playing with your pet can help you relax and reduce stress.

and

Relax

Stress Relief Tips

J Elliott



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