



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

Jeanette de Richmond, Terry Hoffman

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