

# 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 promote relaxation.



**SOCIAL NETWORK**

Connecting with friends and family can provide emotional support and help reduce stress.



**MEDITATION**

Meditation can help reduce stress, improve focus, and promote overall well-being.



**PRACTICE BREATH  
MEDITATION**

Deep breathing exercises can help reduce stress and promote relaxation.



**READ A BOOK**

Reading can be a relaxing activity that helps distract the mind from stressors.



**LISTEN TO MUSIC**

Listening to music can help reduce stress and improve mood.



**YOGA**

Yoga can help reduce stress, improve flexibility, and promote overall health.



**PLAYING WITH PET**

Spending time with a pet can help reduce stress and improve mood.

and

# Relax

# Stress Relief Tips

**B Lingard**



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