

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**

Practicing deep breathing exercises can help reduce stress and improve concentration.



READ A BOOK

Reading can help reduce stress, improve mood, and increase knowledge.



LISTEN TO MUSIC

Listening to music can help reduce stress, improve mood, and increase energy.



YOGA

Yoga can help reduce stress, improve flexibility, and increase strength.



PLAYING WITH PET

Playing with a pet can help reduce stress, improve mood, and increase happiness.

and

Relax

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Stress Relief Tips

Elizabeth O'Brien



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