



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 reduce stress.



MEDITATION

Meditation can help calm the mind, reduce stress, and improve focus.

9 EASY WAYS TO MANAGE STRESS



PRACTICE BREATH MEDITATION

Deep breathing exercises can help reduce stress and improve concentration.



READ A BOOK

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



LISTEN TO MUSIC

Listening to music can help improve mood and reduce stress levels.



YOGA

Yoga combines physical postures, breathing techniques, and meditation to reduce stress.



PLAYING WITH PET

Interacting with a pet can provide companionship and reduce stress.

and

Relax

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Stress Relief Tips

R Sandford



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