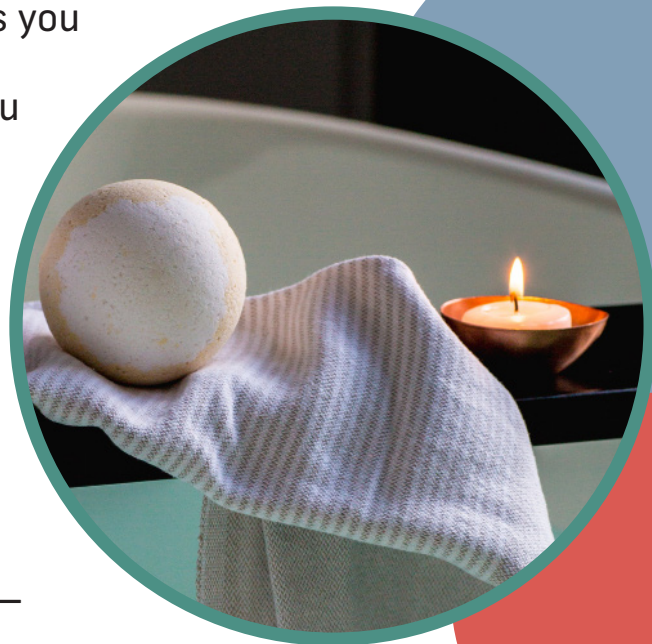


Ways to Reduce Stress

There's no surefire way to prevent stress. But there are ways to make your life less stressful. Try these tips and write a few of your own in the box on the next page.

- ✓ **Ask for help.** Feel free to ask your friends and family for help. They care about you and want the best for you. And you can repay them with help at another time.
- ✓ **Be tidy.** Keep your things in order.
- ✓ **Get enough sleep.** Aim for 8 hours per night.
- ✓ **Have fun!** Make time to do something you enjoy.
- ✓ **Go for a walk with a friend.**
- ✓ **Read a book or watch a video.** Whatever makes you happy.
- ✓ **Just say "no."** Learn how to say no to things you don't really want or need to do.
- ✓ **Know yourself.** Know what situations make you feel stressed. Plan how to cope with them.
- ✓ **Schedule some "me" time.** Find some time to read a book you've been wanting to read, or schedule a coffee date with a friend. Do something that makes you feel good.
- ✓ **Make a to-do list.** Put the most important things on top.
- ✓ **Remind yourself.** Use notes, calendars, timers—whatever works for you.
- ✓ **Set small, doable goals.** Divide large goals into smaller chunks.
- ✓ **Solve problems.** When you have a problem, try to solve it promptly. That way, it won't become a source of stress in your life.
- ✓ **Take care of your body and mind.** That way, you'll be more prepared to tackle stressful situations.
- ✓ **Take a deep breath.** Remember to stop and breathe deeply throughout the day.
- ✓ **Remove yourself.** When there is a stressful moment at work, take a break - it can really help to walk away from the situation to take some deep breaths and come back fresh.



Ways to Reduce Stress

- ✓ **Schedule a mindful minute.** Set a timer for 1 minute and take some deep breaths. Feel your body breathing, feel yourself sitting in your chair, your feet on the floor - get connected and centered.
- ✓ **Get help.** If your stress is consistently a barrier to you taking care of yourself or enjoying your life, don't be afraid to get some help. Seek out a behavioral therapist who can help you work through the underlying issues behind your stress.

How will you reduce stress in your life?