

TIPS for TAMING

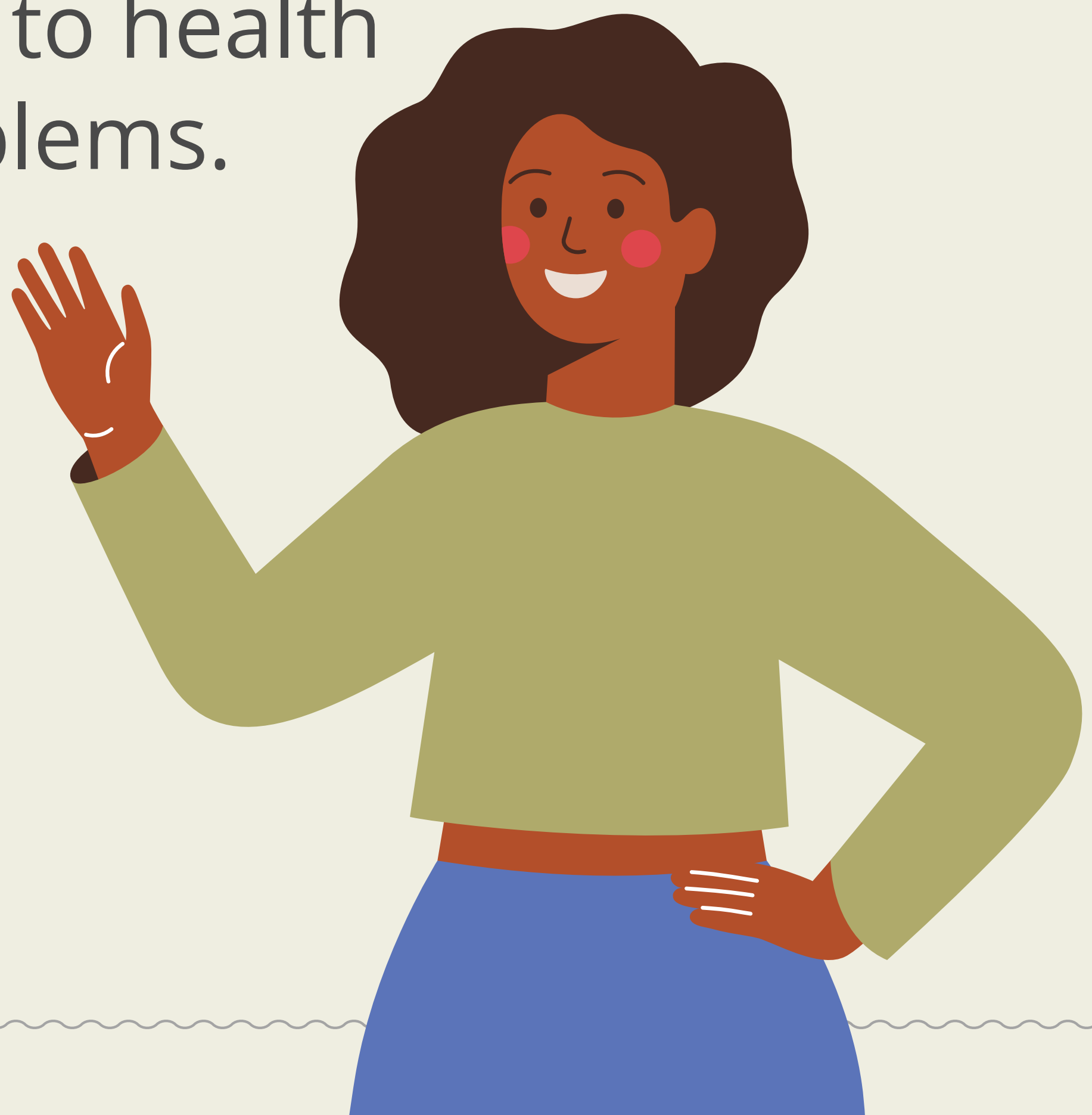
STRESS

Fun fact:

Stress is normal—it's how your body reacts to challenges in life.

Not-so-fun fact:

Too much stress for too long can lead to health problems.



To minimize stress in your life, work on building a strong foundation of healthy habits. That includes:

- Getting quality sleep
- Fueling up on balanced, healthy meals
- Sticking to a realistic schedule



Don't forget about finding joy in everyday life, too!

- Make time for activities you love.
- Stay connected with friends and family.
- Consider what you're thankful for every day.



**Feeling like you need
to de-stress and reset?
Try one (or more) of
these five tips:**

1

Walk it off.

Taking a walk is a quick
and easy mood booster.



2

Breathe.

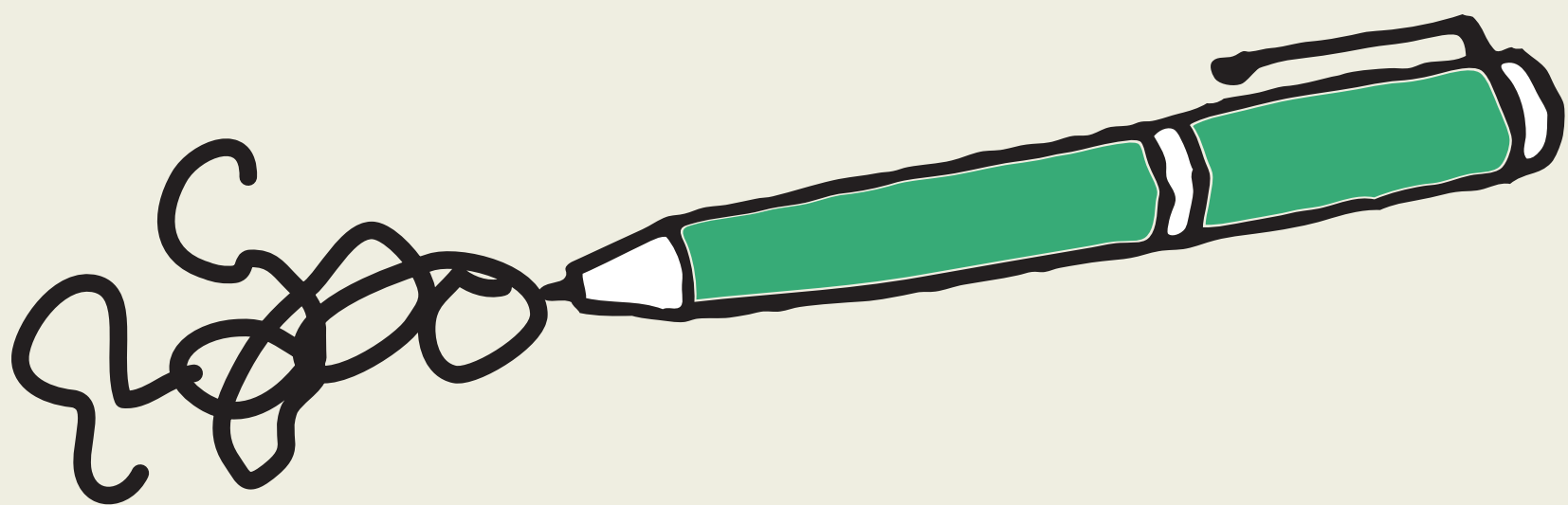
Count to four as you inhale, hold for one second, then count to five as you exhale.



3

Put it in writing.

Jotting down your worries on paper can help ease your mind.



4



Picture something better.

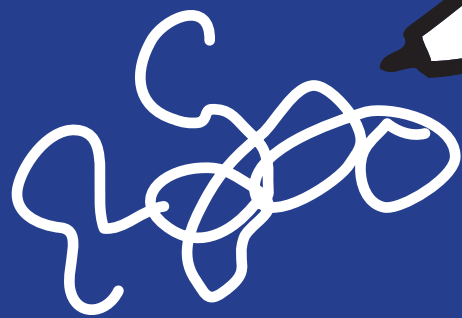
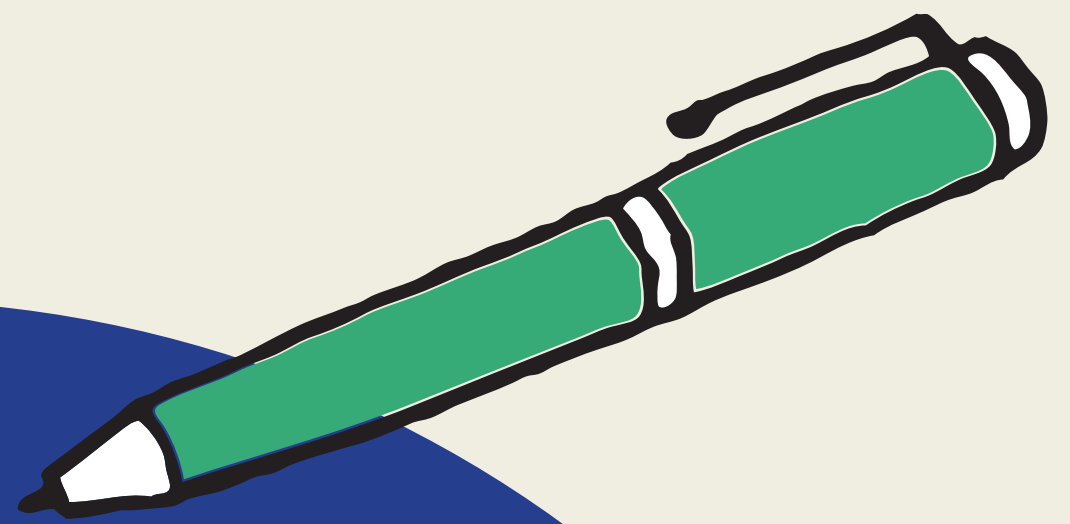
Think about a happy place and visualize yourself there.

5



Wash your worries away.

A steamy shower can relax your muscles and make you feel calmer.



Practicing these
healthy habits and
calming techniques
will go a long way
in helping you keep
stress in check.

