

# STRESS MANAGEMENT TIPS

- 1** Every morning, count 3 things you are thankful for.


- 2** Practice relaxation techniques such as breathing mindfully. Breathe 10 breaths in and out without pauses.


- 3** Carry out activities that you enjoy such as reading a book, painting, playing board games, or creating new recipes.


- 4** Use a stress ball to fight tension and stress.


- 5** De-clutter and clean your home of things you no longer need.


- 6** Take a walking break or try a home workout.


- 7** Laugh out loud. Laughter lowers your cortisol and boosts your brain.


- 8** Connet with others by phone, messaging, or online video calls.


- 9** Make sure to eat well-balanced and healthy meals.


- 10** Listen to soothing music. It regulates your heart rate, blood pressure, and anxiety.

