



4 ways to help manage stress

1. Enjoy simple pleasures.

Look for opportunities to do things you enjoy, even if it's just for 15 minutes every day.

2. Use positive self-talk.

Frame your thinking around success, rather than failure.

3. Let things go.

Some things aren't worth sweating over. Reward yourself for a meaningful accomplishment — instead of being hard on yourself for not getting everything done.

4. Take a break from the situation.

Go for a walk or take three to five deep breaths to help clear your head.

Real people. Real life. Real solutions.
Discover 100+ ways to manage life's stress.

Sources:

American Heart Association. Four ways to deal with stress.

Centers for Disease Control and Prevention. Injury prevention and control. Coping with stress.

Helpguide.org. Stress management: How to reduce, prevent and cope with stress.

National Institute of Mental Health. Fact sheet on stress.

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