
Easy ways to manage your stress

- Eat regular, well-balanced meals
- Practice mind-body activities such as meditation or yoga
- Connect and spend time with your friends and family
- Avoid or take a break from situations that cause you stress
- Talk with a physician or professional therapist when necessary
- Keep a gratitude journal, focusing on the good in your life
- Reduce your caffeine and sugar intake
- Identify and partake in situations that make you smile and laugh
- Do something you enjoy, like reading or relaxing in a bathtub
- Avoid turning to alcohol, nicotine, drugs, or binge-eating
- Accept situations you can't control, focus on how you react and feel instead
- Build new relationships through clubs or volunteering
- Exercise and get quality sleep
- Manage your time effectively