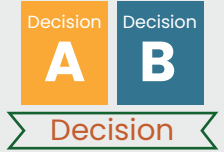


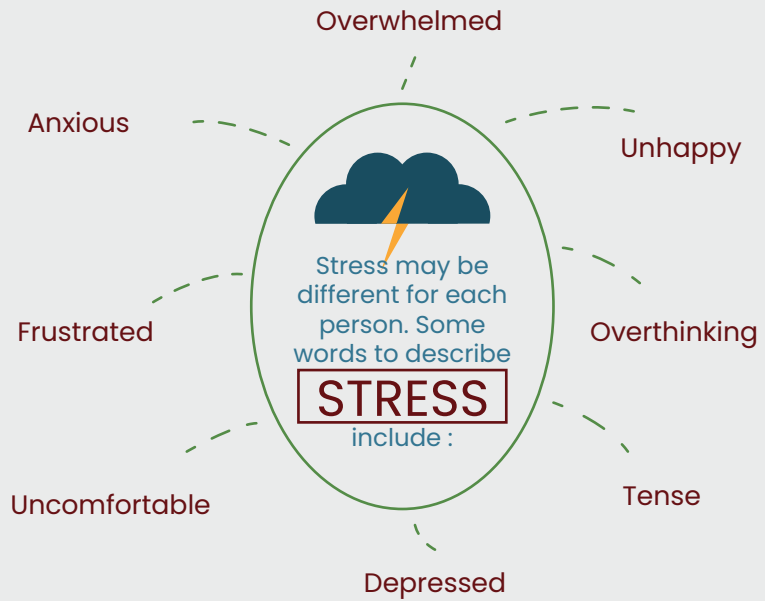
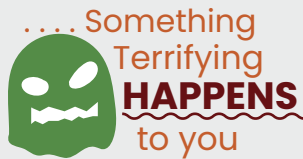
STRESS MANAGEMENT : COPING WITH STRESS

Stress is a normal body response that we feel when we have ...

... an important

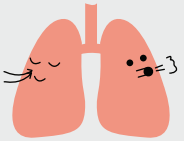


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9 Scientifically Proven Stress Management Coping Skills

1) Stop And Breath



Take a few minutes to stop and breathe deeply. Inhale deeply, feeling your stomach expand. Close your eyes and keep your attention focused on your breath.

2) Positive Attitude



Keeping an optimistic outlook turns stressors into opportunities. Use self-talk to replace negative mental responses to stress with positive ones such as "Everything is going to work out" or "I know I can do it."

3) Progressive Muscle Relaxation, Stretching, Or Self-Massage Neck or Shoulders

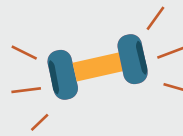


4) Find A Person You Trust To Talk To



If you don't have anyone to talk to, play some music you enjoy.

5) Engage In Physical Activity Or Exercise Daily



Get outside in Nature, and get moving. Exercise is scientifically proven to boost mood, improve sleep, sharpen focus, and reduce stress.

6) Yoga, Meditation, And Mindfulness



Research suggests that these three techniques help reduce stress hormones, and increase positive brain chemicals that help manage stress.

7) Help Others



Research suggests that proactively doing things for others, even small things like holding a door open, can help you cope with daily stressors

8) Take A Time Out



Stepping away for just 10 mins can help clear your head. Turn off Tech, Slow Down, and Manage Your Time Well.



9) Make Sure Your Sleep Is Plentiful And Restful