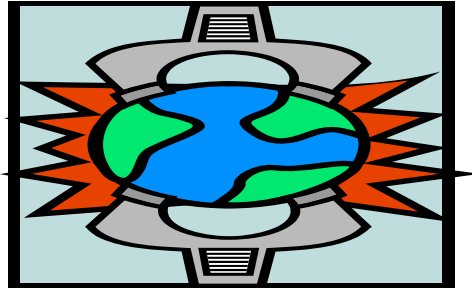


# Stress Management 101



Healthy ways to keep stress under control:

1. *Minimize stressors- learnt to say "no", don't over schedule yourself*
2. Get a good night's sleep – get enough ZZZs every night
3. *Learn to relax – read a good book, take a walk, spend time with your pet, do yoga, develop interests*
4. BREATH – here's a simple way. Breathe in for a count of 4, hold your breath for a count of 7, exhale for a count of 8. Do this 3 or 4 times.
5. Exercise regularly–helps manage stress
6. **Eat Well- You are what you eat. Take care of your body**
7. Get to know great people–choose positive and optimistic friends
8. *Watch what you're thinking-is your cup half full or half empty?*
9. **Solve life's little problems-learning to solve everyday problems can help solve everyday stressors.**