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.