

10 Ways to Reduce Stress in Your Life

You can't avoid stress. It's part of life. But you can keep it from getting the best of you.



1. Talk about what's stressing you.

- ✓ You'll feel better and you may be surprised by the support you receive.

2. Listen to what you tell yourself.

- ✓ Aim to replace negative thoughts with more supportive ones. Instead of "I can't do this," say "I'll do the best I can."

3. Take one thing at a time.

- ✓ Make a to-do list and check off items as they are done. Even a little progress can make a long list seem easier to tackle!

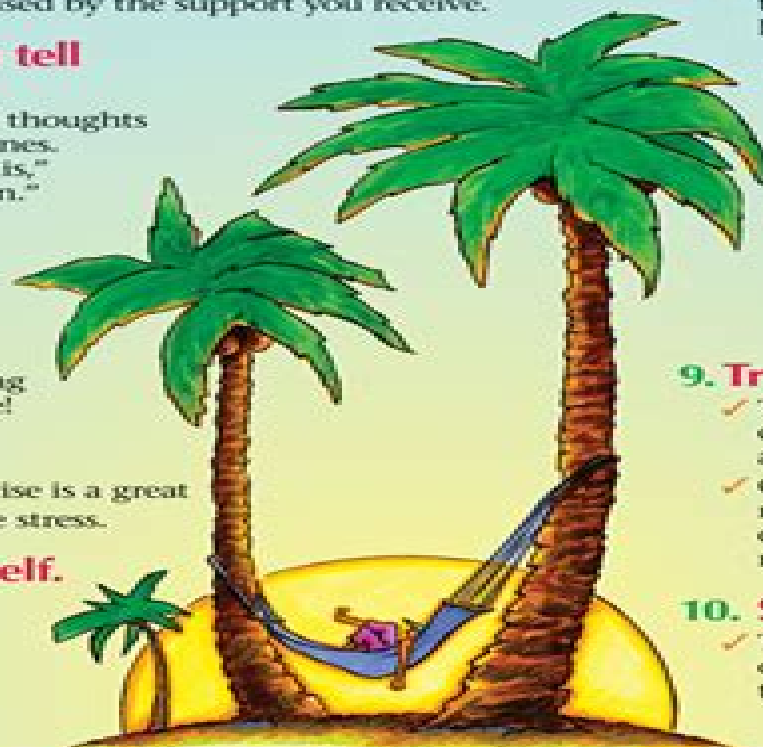


4. Exercise.

- ✓ Regular exercise is a great way to relieve stress.

5. Take care of yourself.

- ✓ Get enough sleep and eat a healthy diet.



6. Make time to do things you enjoy.

- ✓ Learn to say "no" to things that are less important.



7. Laugh.

- ✓ Read the comics or watch a comedy. Laughing can be good medicine for stress.

8. Resist the urge to be perfect.

- ✓ Don't expect too much from yourself. Nobody can do it all.

9. Try relaxation techniques.

- ✓ Take a deep breath, close your eyes and picture yourself in a peaceful place.
- ✓ Quiet reflection or relaxing music – even for a few minutes – can help.



10. Stay present.

- ✓ Try not to worry about the past or future. Keep your focus on today.

WHY KEEP STRESS IN CHECK?

Too much stress may cause headaches, backaches or problems sleeping. Stress can also lead to serious illnesses such as high blood pressure and heart disease. Taking steps to lower your stress can help improve your overall health!

50 Ways To Prevent And Manage Stress

JA Banks



50 Ways To Prevent And Manage Stress:

Unveiling the Energy of Verbal Artistry: An Mental Sojourn through **50 Ways To Prevent And Manage Stress**

In a world inundated with screens and the cacophony of instantaneous communication, the profound energy and emotional resonance of verbal art usually diminish in to obscurity, eclipsed by the constant assault of noise and distractions. However, situated within the lyrical pages of **50 Ways To Prevent And Manage Stress**, a charming work of fictional splendor that impulses with organic emotions, lies an unforgettable journey waiting to be embarked upon. Published with a virtuoso wordsmith, that exciting opus books visitors on a mental odyssey, gently exposing the latent potential and profound impact embedded within the elaborate web of language. Within the heart-wrenching expanse with this evocative evaluation, we can embark upon an introspective exploration of the book is key themes, dissect their captivating publishing type, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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