

7 Stress Management Tips

DE-STRESS METHODS



Adjust Your Mindset

Try to change your perspective. Is it as bad as you think? What can you learn from this experience?



Eat Nutritious, Balanced Meals

Focus on a diet full of deliciously healthy meals and low-glycemic, satisfying snacks.



Exercise

A daily exercise routine is great to keep stress levels at bay. Regular exercise helps you feel good and maintain your health.



Time Out

Engage in an activity to help clear your head. Practice yoga, enjoy a massage, read, or listen to your favorite music.



Talk to Someone

When you feel stressed or overwhelmed, talk to friends and family. Ask for their advice, and let them know how they can help you.



Limit Stimulants

Caffeine and alcohol can increase stress and anxiety levels, so drink in moderation.



Sleep Well

Getting the right amount of sleep (7-9 hrs) can help lower stress levels.