



Stress Management

- **“Work it off physically” – Aerobics, Yoga, swimming, jogging, an exercise regimen that works for you...that you will stick to**
- **Engage in relaxation techniques...again, find one that works for you**
- **Talk it out...stuffing your feelings will only make your stress worse over time**
- **Learn the art of compromise...the art of learning to accept what you cannot change and moving on**
- **Avoid self-medication – drugs, alcohol, smoking**
- **Balance work and recreation...all work and no play is not healthy**
- **Volunteer – doing something for others is very rewarding**
- **Practice good time management – learn the art of prioritizing, delegating, letting go of perfectionism, overcoming procrastination, and setting limits**



Healthy Minds. Healthy Lives. Healthy Communities.