

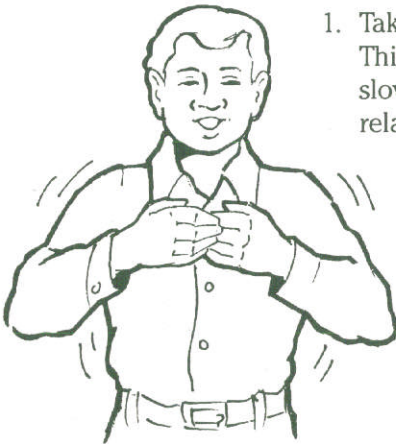
TIPS TO REDUCE STRESS



Stress can make you feel nervous, sad or depressed. You may worry a lot about your family, work and money problems. Living with these struggles every day can leave you tired, nervous and feeling that there is no way out of your situation.



Here are ways to reduce stress:



1. Take a few deep breaths. This makes you breathe slower and your muscles relax.

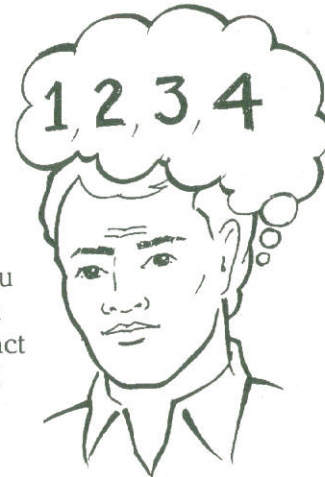


2. Exercise — take a walk during the day.

3. Think positive. Remember the things that are good in your life.



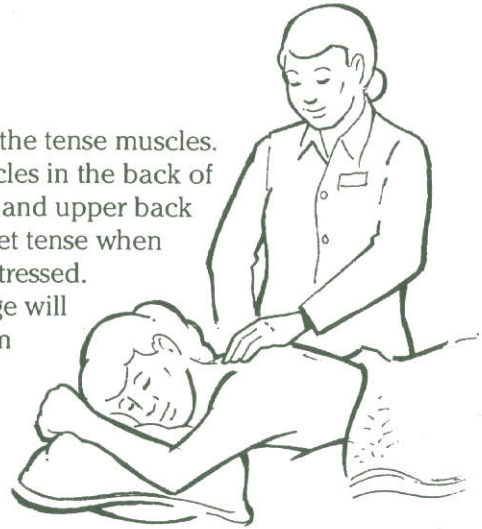
4. Count to ten. This makes you stop and relax before you react to the stressful situation.



5. Take a good stretch. Stretching makes muscles relax and you feel less tense.



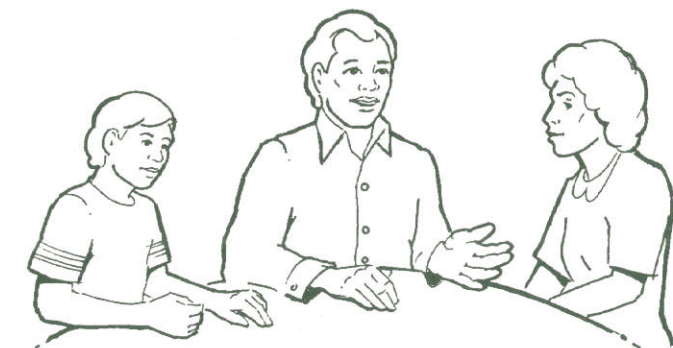
6. Massage the tense muscles. The muscles in the back of the neck and upper back usually get tense when you are stressed. A massage will help them to relax.



7. Take hot baths or showers. This helps your muscles to relax.



8. Listen to good music. Music helps to relax you.



9. Talk to your family and friends about your feelings. It is important for them to know how you feel so they can help you.



10. Get help when you need it. If you are losing sleep, have headaches and neck or back pain, you should go to your clinic.