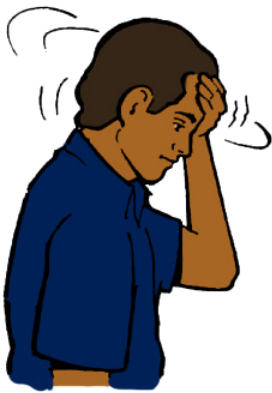




## Tips to Have Less Stress!

There are many things that can be stressful... working long hours, making enough money, worries about supporting your family, or moving from place to place. Stress is part of everyday life but can make you feel “out of balance” when something good or bad happens.



### Stress can change:

**Your thoughts:** making it hard to focus on work, remember things, or think positive

**Your emotions:** making you feel nervous, angry, frustrated, sad, or lonely

**Your behavior:** what you eat, how much you sleep, or the amount of alcohol, drugs, or cigarettes you use

**Your body:** making you feel tired, have headaches, back or chest pain, stomach aches or problems with digestion

### Why is stress important to manage?

Too much stress can cause health problems like high blood pressure, heart disease, diabetes, depression, and anxiety. It is important to find ways to have less stress and be healthy, work well, and enjoy your family!

### Tips to help you relax and have less stress:

- 1. Practice deep breathing** - Take slow deep breaths and try to keep the same pace by counting to five as you breath in and out. You can also think about something that brings you joy or peace as you breath.
- 2. Think positive thoughts** - Find things you are grateful for or remember the times when you felt happy. You can also look over old pictures or share stories with family and friends.



3. **Exercise** - Do physical activities like walking, running, lifting weights, or playing a sport for exercise. You can also do simple stretches to let go of tension and help your body feel good.
4. **Relax your muscles** - Take a hot bath, shower, or massage your muscles until your body is less tense.
5. **Listen to music** - Music can help you relax and may even inspire you to move your body and dance.



6. **Practice a hobby** - Do an activity you enjoy like gardening, drawing, reading, cooking, writing, or anything that makes you smile!

7. **Talk to friends and family** - Share how you are feeling with people you trust to help you feel loved and supported.



8. **Talk to your doctor** - If stress is hard to manage, talk to your doctor or health care provider. They can share information about mental health services, prescribe medication, or give you referrals for support.

**List 2-3 things you can do to relax and have less stress:**

**Remember, stress is part of our daily life, but it is important to learn how to manage it to stay healthy.**