

Quick ways to cut stress

FEELING STRESSED
AND OVERWHELMED?
USE THESE QUICK
TIPS TO LOWER
STRESS LEVELS,
STARTING TODAY.



Go for a walk.

Just 30 minutes a day of walking can lower stress.

Set priorities.

Decide what must get done today. The rest can wait. Say no to new tasks if you are overwhelmed.

Think positive.

Look at what you accomplished at the end of the day. Don't beat yourself up for not getting everything done.

Try relaxation methods.

Mindfulness, meditation, deep breathing, yoga, or tai chi help many people with stress.

Source: National Institutes of Health