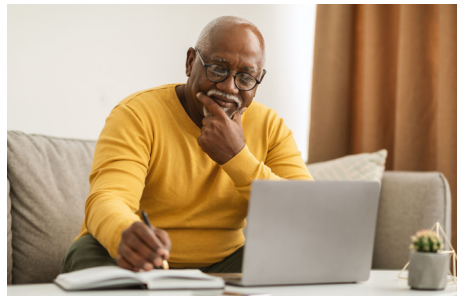




## ACTION STEPS FOR WELLNESS

# 10 action steps to tame stress



1. Take deep breaths. Hold it in for four seconds. Then blow the breath out. Repeat several times.
2. Accept the things you cannot change in yourself and others.
3. Meditate. Practice yoga or tai chi.
4. Exercise and move your body for fitness and to relax your mind.
5. Set realistic goals. Don't bite off more than you can chew.
6. Try to eat at regular times during the day to keep blood sugar levels steady.
7. Request help from others when you need it. Delegate tasks.
8. Escape to a place (or picture a scene) where you feel calm, happy, and secure.
9. Set time aside for 100% relaxation, such as a vacation.
10. Spend time with cheerful people. Laugh a lot. Keep a sense of humor. Try to stay positive and see the silver lining in a negative situation.