



ACTION STEPS FOR WELLNESS

ADDRESS stress in your life



Avoid things that cause stress, as much as you can.

Do something that you enjoy and look forward to doing.

Develop a positive attitude.

Relax with deep breathing, soothing music, or quiet time. Take a warm shower or bath.



Exercise every day. Walk or do another aerobic activity. Do stretching and strengthening exercises, too.

Share your feelings and frustrations with a good listener.

Solve problems that you can. Learn to accept or tolerate things that you cannot change or control.



Manage Stress Exercise

- Sit in a comfortable chair.
- Close your eyes.
- Take a deep breath.
- Hold it in for four seconds then blow the breath out.
- Repeat several times.