

## Manage stress

**FACT:** Chronic or overwhelming stress plays a role in chronic anxiety, depression, high blood pressure, and heart disease.

Try to turn negative thoughts into positive ones.

Do regular exercise to ward off stress and to have fun.



Share your feelings with a family member, friend, or coworker that you trust.

Avoid letting your emotions get "bottled up inside."

To deal with daily stress, give deep breathing a try.



To help relieve stress, it may help to have a good cry.

