

1 Know signs of stress, such as tension in the shoulders and neck, fatigue, headache, anxiety and trouble sleeping.



2 Replace negative thoughts with positive thoughts.

3 If you can, walk away from stressful situations.

4 Make a daily to-do list and identify priorities.



Wellthier by the Dozen™

12 Terrific Tips to

ZAP STRESS

5 Do a stress rehearsal before stressful events, such as a job interview or a meeting with the boss.

6 Work on resolving conflicts.

7 Talk through problems with people you trust.

8 Volunteer. Helping others can make you feel better about your situation.



9 Get moving. Aerobic activity produces stress-relieving hormones in the body.

10 Do simple stretches, like reaching, rolling your head in gentle circles, and bending from side to side.



11 Balance your time to include work, family, hobbies, sports, and other interests.

12 Take deep breaths and repeat 10 times.

