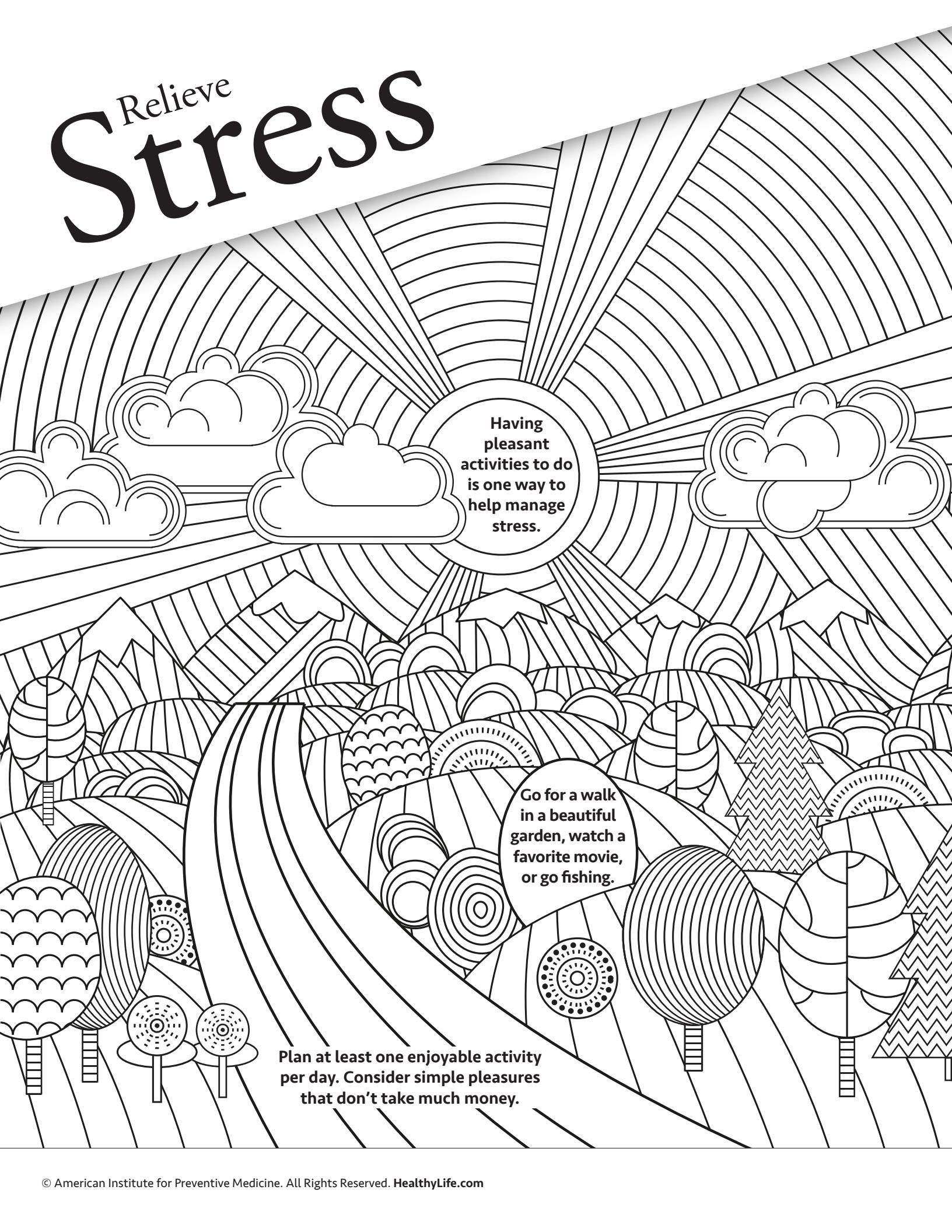


Relieve Stress



Having pleasant activities to do is one way to help manage stress.

Go for a walk in a beautiful garden, watch a favorite movie, or go fishing.

Plan at least one enjoyable activity per day. Consider simple pleasures that don't take much money.