



# HOW TO RELEASE STRESS

## LEARN

## APPLY

*Write down how you will apply each tip to your situation:*



### CONNECT WITH OTHERS

When you share your challenges with others, you will quickly discover that you are not alone. Team up with others and solve challenges faster.



### ACCEPT WHAT IS HAPPENING AROUND YOU

You cannot control the outer world. Plan for set-backs and how to respond before they happen.



### DO SOMETHING YOU ENJOY

Find ways to "reset" your energy. Think about the little things that bring you joy. Play with your pet, admire the world outside your window, read a book, cook a new dish, move your body as you like.



### START THE DAY WITH GRATITUDE

Celebrate each day as a new beginning. Write down one thing you are grateful for. Send a thank you note to someone.



### STOP AND BREATHE

When you feel anxious or upset, take three breaths. First breath: concentrate on your breath. Second breath: release unnecessary tension in your body. Third breath: ask yourself what is important right now.