

LEARN TO stress **LESS**

Chronic stress is bad for your health. If you find yourself stressing often, these coping mechanisms can help you push past it.



Take care of yourself physically

Get more sleep, eat a balanced diet, and stay active.



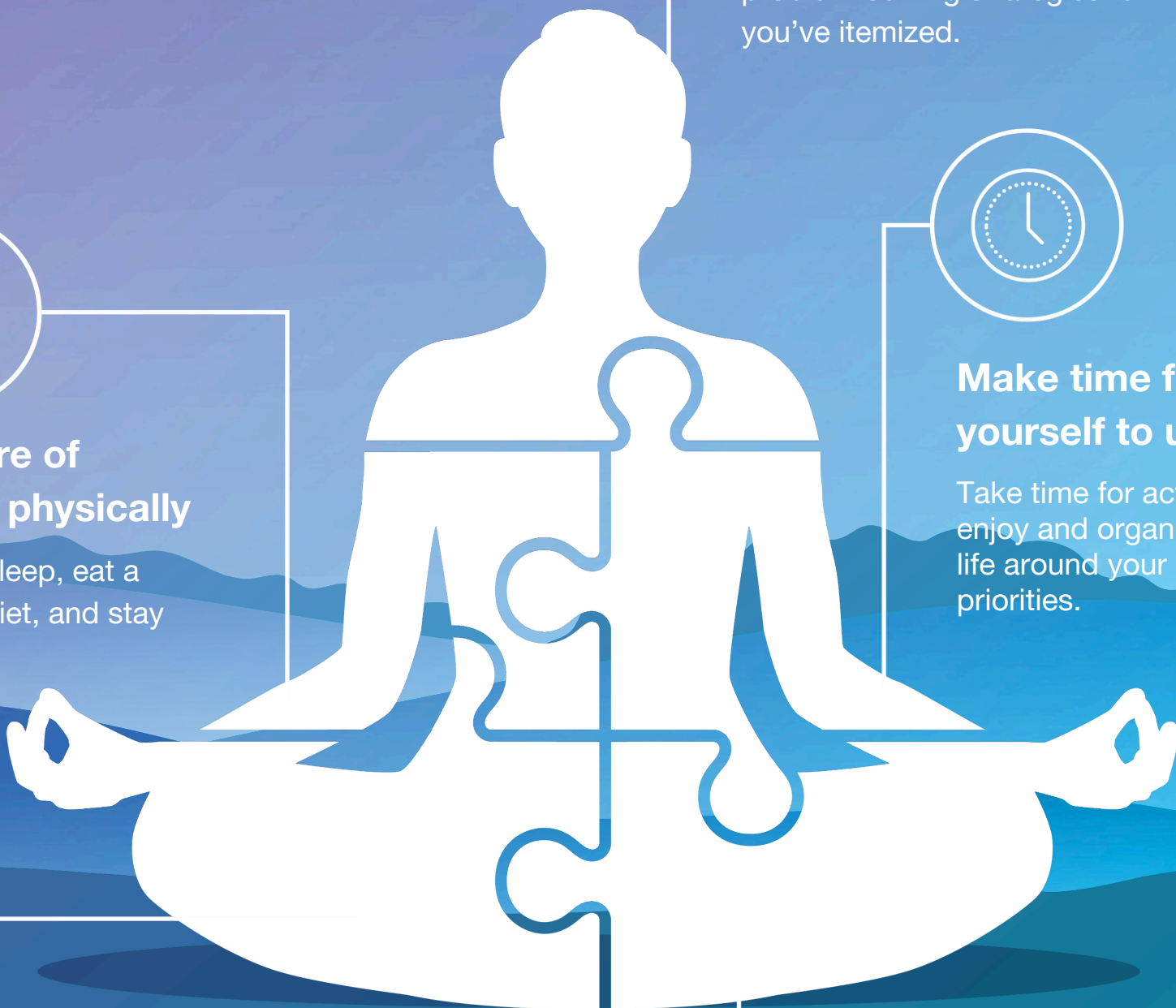
Figure out your stress triggers

We all have triggers for stress, whether they are events, tasks or even people. You can write a list of your triggers and devise problem-solving strategies for the things you've itemized.



Make time for yourself to unwind

Take time for activities you enjoy and organize your life around your personal priorities.



Find ways that work for you to reduce stress

- Cut screen time
- Reduce your caffeine intake
- Set boundaries and learn to say no
- Avoid procrastination



Reach out to others

Talking to friends and family when you have a problem can provide a new perspective or even help find a solution. For more complex issues, seek help from a professional to learn new coping techniques or to find out if medication may benefit you.

To learn more helpful tips about maintaining a healthy lifestyle, visit BeWellSHBP.com/Relax.