

HOW TO MANAGE STRESS



The following strategies can help you reduce or better cope with stress.



Learn to Say “No.”

Even the best multi-taskers can't do it all! It's better to *do a few things well* than to do many things half-way.

Do one thing at a time.

Break down big, stressful tasks into smaller parts. Concentrate on *one part at a time*.

Get plenty of rest.

Strive for *7-9 hours of sleep* each night.

Eat and drink healthy.

Choose *nutritious foods* and drink plenty of *water*. Limit alcohol or caffeine, which can disrupt sleep and increase anxiety.

Exercise.

Exercise is an excellent stress reliever!

Take time for yourself.

Set aside at least *30 minutes each day for yourself*. Use this time to relax, read, listen to music, or do something else you enjoy.