

# 9 EASY WAYS TO MANAGE STRESS



**EXERCISE**

Exercising releases endorphins, which can help reduce stress and improve mood.



**SPA**

Spa treatments like massages and facials can help reduce stress and improve skin health.



**SOCIAL NETWORK**

Connecting with friends and family can provide emotional support and help reduce stress.



**MEDITATION**

Meditation can help reduce stress, improve focus, and increase self-awareness.



**PRACTICE BREATH  
MEDITATION**

Deep breathing exercises can help reduce stress and improve relaxation.



**READ A BOOK**

Reading can help reduce stress and improve mental health.



**LISTEN TO MUSIC**

Listening to music can help reduce stress and improve mood.



**YOGA**

Yoga can help reduce stress, improve flexibility, and increase self-awareness.



**PLAYING WITH PET**

Playing with a pet can help reduce stress and improve mood.

and

# Relax

# Stress Relief Tips

**Sara L. Mosher**



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