

9 EASY WAYS TO MANAGE STRESS



EXERCISE

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



SPA

Spa treatments like massages can help reduce stress and improve mood.



SOCIAL NETWORK

Connecting with friends and family can help reduce stress and improve mood.



MEDITATION

Meditation can help reduce stress and improve mood.



**PRACTICE BREATH
MEDITATION**

Practicing breath meditation can help reduce stress and improve mood.



READ A BOOK

Reading a book can help reduce stress and improve mood.



LISTEN TO MUSIC

Listening to music can help reduce stress and improve mood.



YOGA

Practicing yoga can help reduce stress and improve mood.



PLAYING WITH PET

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

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Relax

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Stress Relief Tips

Clarke M. Ivanich



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