

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 circulation.



SOCIAL NETWORK

Connecting with friends and family can provide emotional support and 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 be a relaxing activity that helps distract the mind from stressors.



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

Spending time with a pet can help reduce stress and improve mood.

and

Relax

Stress Relief Tips

David Obatomi



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