

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 lung capacity.



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

Lauren Ryan



Stress Relief Tips:

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