

# 9 EASY WAYS TO MANAGE STRESS



**EXERCISE**

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



**SPA**

Spa treatments can help you relax and de-stress.



**SOCIAL NETWORK**

Connecting with friends and family can help you feel supported.



**MEDITATION**

Meditation can help you focus and reduce stress.



**PRACTICE BREATH  
MEDITATION**

Deep breathing exercises can help you relax and de-stress.



**READ A BOOK**

Reading can help you escape your current situation and relax.



**LISTEN TO MUSIC**

Listening to music can help you relax and de-stress.



**YOGA**

Yoga can help you relax and de-stress.



**PLAYING WITH PET**

Playing with your pet can help you relax and de-stress.

and

# Relax

# Stress Relief Tips

**M Mark**



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