

# Ways to relieve stress



- Meditate daily
- Practice yoga
- Exercise mindfulness
- Breath deeply & slowly
- Have a support network of people, places and things
- Go for a picnic in the sunshine
- Change a habit
- Work at being optimistic
- Believe in yourself
- Don't be hard on yourself
- Process and release emotional toxins
- Set goals
- Praise other people
- Make copies of important papers
- Look at problems as challenges
- Unclutter your life
- Prepare for the morning the night before
- Set priorities in your life
- Write things down
- Seek help when you need it
- Practice good sleep hygiene
- Eat nutritiously
- Exercise every day
- Foster healthy social relationships