Stressed? Try this!

20 Stress Management Tips
During the week, try these stress management tips. They can help you to take a break from your stress, solve your problems, and help you feel better.

HAVE YOU...

☐ Slept for 8 hours?
☐ Said “No” to a request so I could have time for myself?
☐ Made a to do list?
☐ Found something that made me laugh when I was upset?
☐ Tried deep breathing?
☐ Asked for help?
☐ Talked to someone about something that was bothering me?
☐ Said a positive affirmation to myself?
☐ Taken a 15min power nap?
☐ Done something creative?
☐ Spent time with a trusted person?
☐ Choose a healthy snack?
☐ Listened to music to relax?
☐ Spent 10-15 minutes doing a high energy workout?
☐ Gone outside? Close your eyes and listen to the outdoors.
☐ Thought of 3 things that you are grateful for?
☐ Spent time with a pet?
☐ Spent time coloring?
☐ Baked something to enjoy?
☐ Got outdoors to walk, bike, run, skate, or scoot?

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Try this!
Stressed?
@icanhelp
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Sleep for 8 Hours Each Night

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Work2BeWell
Stressed? Try this!

Say "no" to a request and take some time for yourself.

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Work2BeWell
Stressed?

Try this!

Make a to-do list.

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Work2BeWell
Stressed? Try this!
Find something that makes you laugh!

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Work2BeWell
Stressed? Try this!

Breathe.

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Work2BeWell
Stressed? Try this!

Ask for Help.

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Work2BeWell
Stressed?
Try this!
Talk to someone about what’s bothering you.
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Work2BeWell
Stressed? Try this!
Say a positive affirmation.

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Work2BeWell
Stressed? Try this!

Take a 15 minute power nap.

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Work2BeWell
Stressed? Try this!

Do something creative.

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Work2BeWell
Stressed? Try this!
Spend time with someone you trust.

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Work2BeWell
Stressed?

Try this!

Eat a healthy snack.

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Work2BeWell
Stressed?
Try this!
Listen to relaxing music.

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Work2BeWell
Stressed?
Try this!
Complete a high-energy workout.

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Work2BeWell
Try this!
Stressed?
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Go outside and listen to nature.

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Work2BeWell
Stressed?
Try this!
Write down 3 things you’re grateful for.
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Work2BeWell
Stressed?
Try this!

Spend time with a pet.

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Stressed? Try this!

Color a picture.

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Work2BeWell
Stressed? Try this!

Bake something!

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Work2BeWell
Stressed?
Try this!
Go on a walk.
or a bike ride.
or skate!
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