



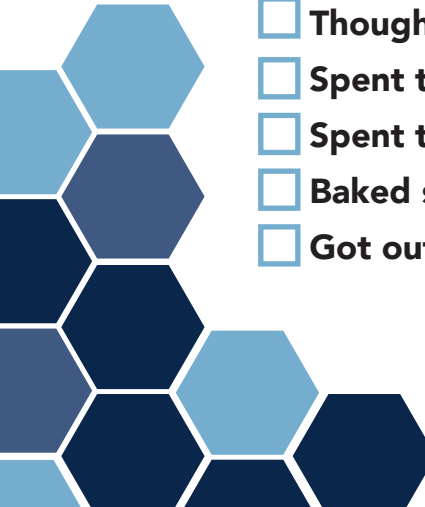

Stressed?

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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Stressed? Try this!

Sleep for 8 Hours Each Night

@icanhelp
@work2bewell





Stressed? Try this!

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

@icanhelp
@work2bewell






Stressed?
Try this!

Make a to-do list.

@icanhelp
@work2bewell





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

@icanhelp
@work2bewell





Stressed?
Try this!

Breathe.

@icanhelp
@work2bewell





Stressed?
Try this!

Ask for Help.

@icanhelp
@work2bewell





Stressed? Try this!

Talk to someone
about what's
bothering you.

@icanhelp
@work2bewell





Stressed? Try this! Say a positive affirmation.

@icanhelp
@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.**

@icanhelp
@work2bewell





Stressed?
Try this!

**Eat a healthy
snack.**

@icanhelp
@work2bewell





Stressed? Try this! Listen to relaxing music.

@icanhelp
@work2bewell





Stressed?

Try this!

Complete a high-energy workout.

@icanhelp
@work2bewell





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

@icanhelp
@work2bewell





Stressed? Try this!

Write down 3 things
you're grateful for.

@icanhelp
@work2bewell





Stressed? Try this!

Spend time with a pet.

@icanhelp
@work2bewell





Stressed?
Try this!

Color a picture.

@icanhelp
@work2bewell





Stressed?
Try this!

Bake something!

@icanhelp
@work2bewell





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

@icanhelp
@work2bewell

