

Stressed? Try this!

20 Stress Management Tips

During the week, try these stress management tips. They can help you 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 you could have time for yourself?
- Made a to-do list?
- Found something that made you laugh when you were upset?
- Tried deep breathing?
- Asked for help?
- Talked to someone about what's bothering you?
- Said a positive affirmation to yourself?
- Taken a 15-minute power nap?
- Done something creative?
- Spent time with a trusted person?
- Enjoyed 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're grateful for?
- Spent time with a pet?
- Spent time coloring?
- Baked something to enjoy?
- Gone outdoors to walk, bike, run, skate, or scoot?