



MANAGE STRESS POSITIVELY

Life is busy and there are many things to balance so it's not uncommon to feel stressed on occasion or for longer periods of time. The key is being intentional to manage the stress positively.

To manage stress positively, consider these strategies:

- Take time to have fun
- Think positive thoughts
- Be an encourager
- Exhibit an attitude of gratitude
- Find joy on the job
- Eat nutritious food
- Stay hydrated
- Exercise regularly
- Sleep adequately
- Pray and meditate

PERSONAL COACHING
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