

# TIPS TO HELP MANAGE STRESS

## Take a break from the stressor



Step away from what is stressing you out. It can help you have a new perspective or practice techniques to feel less overwhelmed.

Exercise benefits your mind as well as your body. Even a 20-minute walk, run, swim, or dance session in the midst of a stressful time can give an immediate effect that can last for several hours.

## Exercise



## Smile and laugh



When people are stressed, they often hold a lot of stress in their face which could be relieved by smiling or laughing which improves the situation.

It helps relieve stress when you share your concerns or feelings with another person. But it is also important that the person whom you talk to is someone whom you trust and whom you feel can understand and validate you.

## Get social support



## Meditate

Mindful prayer and meditation help the body and mind to focus and relax. It can help people see new perspectives, develop self-compassion and forgiveness. People can release emotions that may have been causing the body physical stress.<sup>i</sup>

<sup>i</sup> <http://www.apa.org/helpcenter/manage-stress.aspx>