




HOW TO DEAL


with

STRESS EFFECTIVELY



Mindful Breathing

Calm anxiety with deep, mindful breaths, focusing on the sensation.



Regular Exercise

Elevate mood and reduce stress with physical activity.



Healthy Diet

Nourish your body with nutrient-rich foods to stabilize mood.



Get Organized

Declutter and organize to regain control and reduce stress.



Meditation

Cultivate inner peace and reduce stress with regular meditation.



Listen to Music

Relaxing music reduces cortisol levels and promotes calm.



Get Enough Sleep

Prioritize sleep to improve emotional regulation