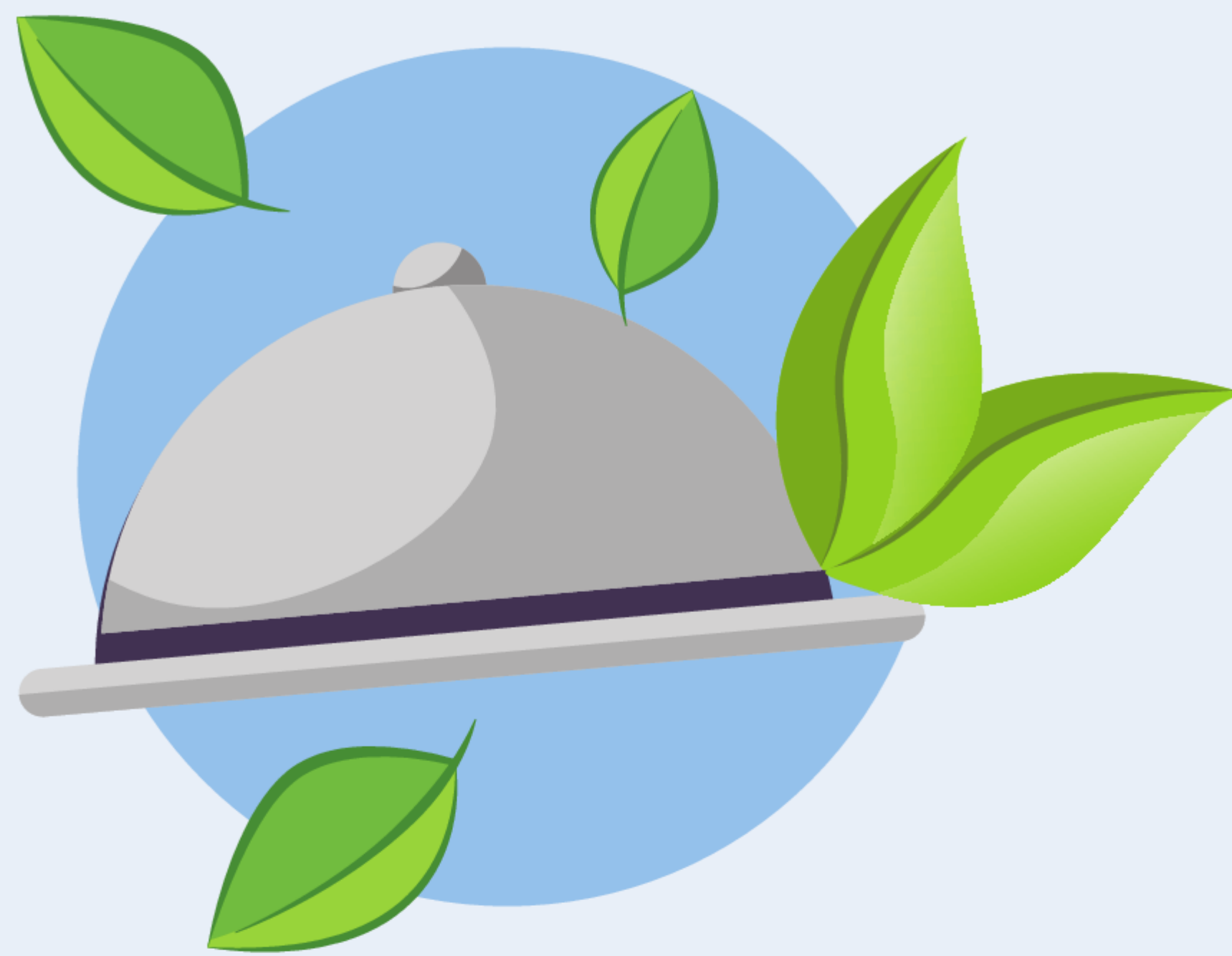


# STRESS MANAGEMENT



## EXERCISE

Produces endorphins and improves your ability to sleep; try getting at least 2.5 hours per week



## EAT

Cuts cortisol levels and boosts your immune system; try swapping refined sugars for fruits and veggies



## PLAN

Creates a more productive mindset and helps you manage time; try making a checklist or keeping a calendar



## SLEEP

Strengthens your immune system and increases overall happiness and clarity of thought; try to get at least 6 hours a night



## MEDITATE

Trains your mind to better cope with life stressors; try practicing for as few as 10 minutes a day



## RELAX

Try yoga, deep breathing, chamomile tea, a warm bath, soothing music, or any relaxation technique that works for you

