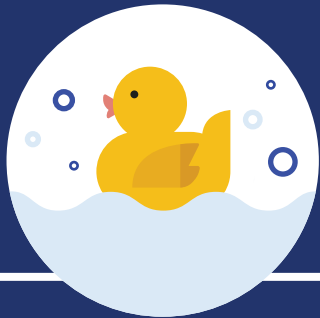


# Stress-Busting Strategies

Here's how to cut down on stress and take control of your life.



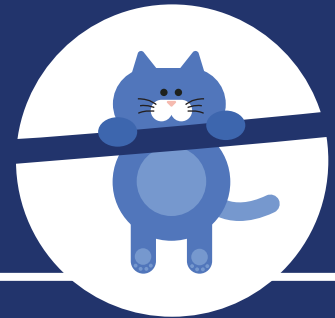
## Relax

Know when to step back and take a break. Deep breathing, stretching, taking a warm bath, and listening to music can all relax your body and relieve stress.



## Make a Plan

Reduce unnecessary stress by being organized and avoiding procrastination. Stay on top of your schedule with a planner, and try breaking large tasks into smaller, more approachable steps.



## Hang in There

Be kind to yourself during times of stress. Recognize when you are doing your best and take comfort in knowing that you won't feel this way forever.



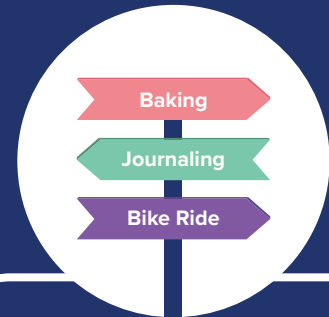
## Talk it Out

Work through your emotions in a productive way by speaking with someone you trust or writing in a journal.



## Know When to Say No

When considering a new activity, determine whether you have time and energy to commit. It's always okay to draw healthy boundaries and say no.



## Redirect

Put nervous energy to good use by engaging in physical activity or working on a creative project.