

Stress-Busting Strategies

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



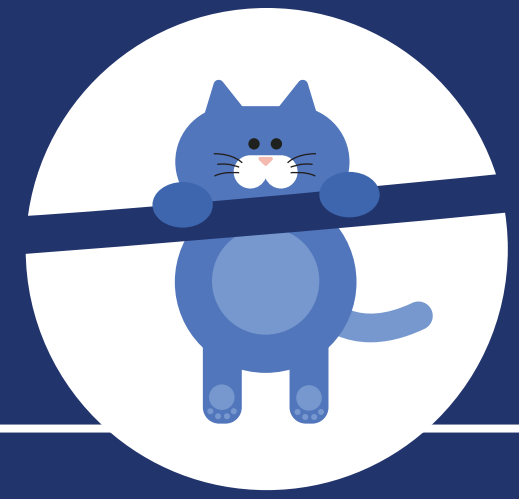
Relax

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.

