

**Rehearse** for stressful events by visualizing the situation or practicing what you will say.



**2** **Exercise** regularly to relax your muscles and your mind, and improve your well-being.

**3** **Spend** 15-20 minutes every day engaged in an activity you find relaxing.

**4** **Schedule** difficult work for when you're rested and alert.

## HEALTHY TOP TEN



Talk issues out with your personal **support system** of family and friends, or with a mental health counselor.

# How to Manage Stress

**5** **Help others;** it can keep you from blowing your own problems out of proportion.

**6** **Wind down** your day by engaging in calming activities 2-3 hours **before bedtime.**

**8** Relax your body through gentle **stretching** and deep **breathing.**



**9** **Accept** that you may not be able to control a situation, but you can change your reaction to it.

**10** **Avoid rushing.** Leave about 10 minutes earlier.

