

Reduce Stress and Anxiety During Challenging Times



- Get enough rest, 6-8 hours for adults
- Slow down and TAKE A BREAK
- Make good nutrition decisions
- Share your feelings with someone you trust
- Prioritize, organize and create a balanced schedule
- Be willing to compromise
- Volunteer to help put things in perspective
- Delegate what you can
- Adopt an attitude of gratitude
- Work to become more self aware
- Try meditation or yoga, and tune into your body
- Make a conscious effort to be at optimal levels for socialization
- Improve your sense of humor