

STRESS BUSTERS

Ease your mind and body with these five stress relievers:

1. Move your body. Regular exercise is an invigorating, healthy way to reduce stress.
2. Tell a joke. Laughter is a great stress release.
3. Relax your mind. Take a mental vacation by imagining yourself in a favorite spot.
4. Breathe deeply. Take a deep breath, hold it, then slowly exhale.

Repeat this four or five times.

5. Write it out. Take pen to paper and write about a stressful experience – this can help you let go of negative feelings and reduce stress.



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