

9 easy ways to manage stress

Don't let stress take over your day! Try to do one (or a few!) of these things to start feeling better:



Connect with friends

Meeting up with other people can help reduce symptoms of stress and increase feelings of happiness.



Meditation

Meditation, such as mindfulness, is a proven way to help reduce stress.



Deep breathing

Slow, deep breaths can calm the body's stress response and help you relax.



Playing with pet

Walking the dog or petting an animal companion may calm you.



Yoga

Practicing yoga can help the body relax. Try doing yoga videos at home or attending a local class.



Listen to music

Music helps the body cope with stress. Listen to music that makes you feel happy or relaxed.



Read a book

Escape to another world and take your mind off the day with a favorite book.



Exercise

Regular exercise has many benefits, including improving your mental health and stress management.



Massage

A massage not only feels good, but it can help reduce stress and muscle tension.

Sources: Anxiety and Depression Association of America, U.S. Department of Health and Human Services, National Institute of Mental Health