



Get social for stress relief

Talking to others is a great way to cope with stress. On the flip side, feeling isolated or alone can increase stress levels. Seek out social support to help you deal with life's challenges. If you're not sure where to start, try these tips:

- **Reach out to others.** Make an effort to connect with people. Say "yes" when you get invited to a social gathering. Offer to help someone when they need it. Over time, you may find that your social connections have greatly increased because of your efforts.

- **Find value in lots of people.** You may find that neighbors, co-workers and family members all have positive roles to play in your life. You can have multiple friends who all have different things to offer.
- **Get face to face when you can.** It's good to find time to sit down with friends and family. Talking to someone in person may help you feel more calm and connected.
- **Get involved.** Find a class or group that offers things you enjoy. This is a great way to connect with people who share the same interests.



Aiming for a stress-free life?

Trying to achieve a life without any stress isn't realistic. It may even make you more stressed when you don't succeed! Instead, look for healthy ways to cope with challenges.

Meditation, prayer, deep breathing and exercise can help you change how you react to stress. This can have a positive effect on your physical and mental health. Not all stress is bad for you if you know how to deal with it. In fact, learning to cope with stress can make you a healthier person.