How to reduce stress at work

GET ENOUGH SLEEP
Poor sleep can affect your mood, judgement and memory. This can harm your ability to cope with stress.

TAKE A DEEP BREATH
Deep breathing activates a state of relaxation. Focus on deep breaths in and out for a few minutes each day.

LOOK AT THE BRIGHT SIDE
Each day, write down something you are thankful for. Take note of things that make you smile.

STRETCH IT OUT
Stretching can be relaxing and can help the body get ready for sleep. Stretch each night before bed to help you get good rest.

TRY MEDITATION
Meditating, praying or whatever helps you block out the stress of the day can help you relax. Finding time for peace can reduce overall stress levels.

GET MOVING
Exercise is a well-known way to reduce stress and improve mood. Walking just 20 minutes a day can make a difference.

TALK TO OTHERS
Emotional support from friends and family is helpful during times of stress. Make plans to talk with people and have fun with loved ones during your free time.

FIND WAYS TO LAUGH
Laughter can help your muscles relax, which can be soothing after a stressful day.

Sources: American Institute of Stress, Anxiety and Depression Association of America, American Psychological Association