

Beat the *stress cycle*

Eat healthy and exercise. These help your body deal with stress.

Recognize that stress is a normal reaction. You can't always avoid it.

Slow breathing can halt your stress response.

Exercise has been proven to relieve stress and improve your health!

Stress can make life hard. But there are healthy ways to get through it.

When you feel stress coming on, take slow, deep breaths in and out.

Source: American Psychological Association