

# STRESS MANAGEMENT

1.   
Get enough sleep  
/regular sleep habits

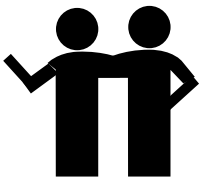
2. ESTABLISH  
PRIORITIES

3. *keep it  
simple*

4. KNOW  
YOUR  
STRESS  
TRIGGERS 

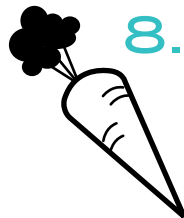
5. *Have fun, laugh often*

MAINTAIN  
SUPPORTIVE  
relationships

6. 

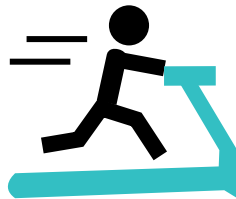
*Treat yourself / relax*

7. 



8. EAT A BALANCED DIET,  
MODERATE CAFFEINE  
INTAKE, DRINK WATER

9. EXERCISE  
REGULARLY



10. *Quit  
Smoking*



11. TREAT OTHERS THE WAY YOU WANT TO BE TREATED

12. *Don't take on  
everything,  
just say  
NO*

13. SOMETIMES ITS OKAY TO SETTLE FOR  
"GOOD ENOUGH"



14. *Don't be so  
hard on yourself*

15. *DONT BRING  
WORK  
PROBLEMS  
HOME OR  
HOME  
PROBLEMS  
TO WORK*