

STRESS MANAGEMENT

1. 
Get enough sleep
/regular sleep habits

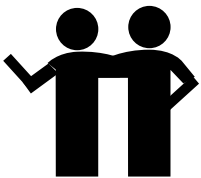
2. ESTABLISH
PRIORITIES

3. *Keep it
simple*

4. KNOW
YOUR
STRESS
TRIGGERS 

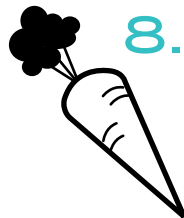
5. *Have fun, laugh often*

MAINTAIN
SUPPORTIVE
relationships

6. 

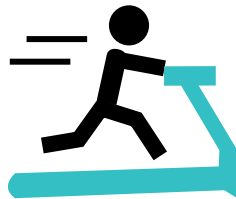
Treat yourself / relax

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*