



Dear Stress,
let's break up.

“Everyone experiences stress to some degree. The way you respond to stress, however, makes a big difference to your overall well-being.”

Tips to Manage Stress

- Identify the Sources of Stress in Your Life
- Avoid smoking, drinking, or using drugs to relax.
- Avoid bingeing on junk or comfort food.
- Try not to sleep too much.
- Do not try to avoid facing problems.
- Stop Procrastinating.
- Avoid taking out your stress on others.
- Learn how to say “no.”
- Avoid people who stress you out.
- Take control of your environment.
- Avoid hot-button topics.
- Pare down your to-do list.
- Be willing to compromise.
- Be more assertive.
- Find balance.
- Incorporate exercise into your daily schedule.
- Connect to Others.
- Express your feelings instead of bottling them up.
- Avoid zoning out for hours in front of the TV or phone.
- Include rest and relaxation in your daily schedule.
- Maintain Balance with a Healthy Lifestyle.



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