

Stress Management

The best way to manage your stress is to increase the quantity and quality of your sleep. Refer to our Sleep Better Checklist for more hints on this.

Stress will always be a part of life. Manage it effectively and make it work for you!

Here are some healthy ways to manage your stress!
Find what works for you:

Getting the support you need

Self-care (Massage, Pedicure)

Journaling

Reading a book

Deep Breathing

Time with friends

Meditation

Exercise

Laughing

Slowing down

Relaxing

Counseling

Yoga

Intimacy

Managing stress in healthy ways will improve your physical and mental health.

Did you know that laughing out loud increases endorphins which can help manage stress?