

# Stress Management

Healthy levels of stress are beneficial to your wellbeing and help you grow. However, when stress exceeds these levels it can have negative effects on your health. It is best to manage stress before it impacts your health.



## MINDFULNESS

Close your eyes. Take a moment to engage your senses. Being mindful can help you move through challenges.

## RELAX

Don't be too hard on yourself, it is okay to experience challenges. It is how you work through them that counts.

## BREATHE

Breathe deeply and slowly through your nose. Feel the air fill your lungs when you breathe in and leave your lungs when you breathe out.

## VISUALIZE

Picture yourself achieving a goal. How do you feel? What's changed? How has your life improved?

## MOVE

Take a walk to change the scenery and experience feel-good hormones. Both your body and mind will benefit from a break.