# HOW TO REDUCE STRESS

# KEEP A DIARY

Be more objective about the whole situation



# **DECISION-MAKING**

Negative emotions can seriously cloud your judgment.



#### FREE YOUR SCHEDULE

Take a deep breath and revise your schedule for the day.



#### DO YOUR THING

Engage in an activity that brings you pleasure



# MEDITATE

Feel better from a psychological point of view



Be with people that make you feel good.



# EXERCISE

Start releasing endorphins, which are hormones that can help fight off cortisol.

#### SLEEP

Give your body time to regenerate and give your mind time to take a well-deserved rest.



# AROMATHERAPY

Holistic treatment that used the power of plant extract to promote well-being.

#### THERAPY

Therapist guides you to explore parts of your past that a lot of people find difficult to talk about



#### BOOST YOUR SELF-ESTEEM

Focus on what you're good at



# Dealing with stress is extremely important, and a lot of people see stress as something that everybody has to deal with, so the best they can do is "suck it up".



# **Reduce Your Stress In 30 Days**

**G** Orfield

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