

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



SPEND TIME WITH YOUR LOVED ONES

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

DJ Losen



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