

Learn how to say "no" and delegate

Adjust your expectations

Eat a healthy meal

Express feelings instead of bottling them up

Nurture yourself

Meditate

Avoid stressful people and situations

Exercise, yoga

Be flexible and willing to compromise

Pick your battles wisely

Connect with others

Effective Stress Tips and Tools

Have a good laugh

Focus on the positive

Have more fun

Listen to music

Ask for help when you need it

Use positive affirmations

Have a good cry

Address cognitive distortions

Practice gratitude

Spend time in nature

EFT – tapping

Manage time better

Address conflicts with others

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