



Stress Busters

Take the time to assess your own stress and take care of yourself

21 Great Stress Buster Tips:

Take a Deep Breath

Ask others to help

Talk things out

Visualize a peaceful scene

Set limits

Count to 10

Believe in others

Believe in yourself

Confront your feelings

Set realistic goals

Take a Deep Breath

Remember time heals

Cry if necessary

Take a walk

Stretch often

Learn to say No

Reflect on your joys