

STRESS MANAGEMENT

Did you know that stress makes the blood "stickier", increasing the probability of developing a blood clot that may lead to a stroke? Also, when cells shrink due to the exposure of stress hormones, they disconnect from one another which may contribute to depression.

STRESS REDUCTION NOT ONLY LOWER THE RISK FOR DISEASE, BUT ALLOWS YOU TO LIVE A HAPPIER, HEALTHIER, AND MORE PRODUCTIVE LIFE.

STRESS MANAGEMENT TIPS:

- **HAVE 15 MINUTES OF 'ME TIME' EVERY DAY**
- **SPEND TIME IN NATURE**
- **BE PLAYFUL AND LAUGH A LOT**
- **DO SOMETHING YOU ENJOY**
- **WRITE YOUR THOUGHT IN A JOURNAL**
- **TRY TO DESTRESS AND RELAX HOURS BEFORE BED**
- **PRACTICE DEEP FOCUSED BREATHING**

