

*One way to manage stress...*

# **MAKE A PLAN FOR YOUR DAY**

**Make a list of tasks and do them  
one at time giving your full  
attention to the task at hand.**

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# **REFRAME EXTRA TIME AT HOME**

**Use the time to read, write, get  
home tasks done, watch movies,  
play board games with the family,  
and develop relationships.**

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# **GET MOVING!**

**Take a walk outside or exercise at home for 10 minutes everyday to relieve stress.**

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# **WHAT DO YOU NEED TODAY?**

**Every morning ask yourself what you need that day. Is it a few minutes of fun today? A call with a friend? Honor what you need today.**

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# **LISTEN TO FEEL- GOOD TUNES**

**Create a playlist of upbeat songs  
that shift your mood and get you  
moving.**