

Four Strategies for Stress Relief

You can't avoid stress, but you can stop it from becoming overwhelming by practicing some daily strategies:



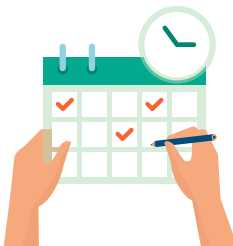
1. Exercise.

When you feel symptoms of stress coming on — even a short walk or dancing can boost your mood.



2. Practice gratitude.

At the end of each day, express gratitude for what you've accomplished — not what you didn't get done.



3. Set goals for your day, week and month.

Narrowing your view will help you feel more in control of the moment and long-term tasks.



4. Seek guidance.

Consider talking to a therapist or your healthcare provider about your worries.