

# LESSEN THE STRESS!

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Ask for help when you need it!

Do something fun every day!

Let there be a no for every yes

Plan for an extra 30 minutes for things you do

Take more breaks!

Go to bed earlier

Everyday take time to reflect and pray

Allow the phone to ring unanswered during busy times

Try another activity when you are dwelling on your problems

Practice relaxing positive self-talk during stressful periods

Carry something interesting to read

Please yourself every day