

Control Stress Before it Controls You!

When under stress, remember to take a B.R.E.A.K

B
R
E
A
K

Breathe. Inhale through your nose over a count of four, and exhale slowly over a count of four. Repeat several times.

Relax. For ten minutes each day, just sit and do nothing. Allow your mind to empty and let go of any worries.

Exercise. Find some time to add movement into your day, even if you don't feel like it. Exercise gives you energy and releases endorphins, improving your mood.

Affirm. Throughout the day tell yourself positive things. Changing your mindset makes a big difference.

Kiss and Communicate. Love is very powerful at controlling stress. Kiss your spouse, your child, or animal. Reach out to a friend and talk to them for a few minutes.

