

# Stressed? Try this!

## 20 Stress Management Tips

During the week, try these stress management tips. They can help you to take a break from your stress, solve your problems, and help you feel better.

### HAVE YOU...

- Slept for 8 hours?
- Said "No" to a request so I could have time for myself?
- Made a to do list?
- Found something that made me laugh when I was upset?
- Tried deep breathing?
- Asked for help?
- Talked to someone about something that was bothering me?
- Said a positive affirmation to myself?
- Taken a 15min power nap?
- Done something creative?
- Spent time with a trusted person?
- Choose a healthy snack?
- Listened to music to relax?
- Spent 10-15 minutes doing a high energy workout?
- Gone outside? Close your eyes and listen to the outdoors.
- Thought of 3 things that you are grateful for?
- Spent time with a pet?
- Spent time coloring?
- Baked something to enjoy?
- Got outdoors to walk, bike, run, skate, or scoot?



**Stressed?**  
**Try this!**

**Sleep for 8 Hours  
Each Night**

@icanhelp

@work2bewell

*Work2BeWell*



# Stressed? Try this!

Say "no" to a request  
and take some time  
for yourself.

@icanhelp

@work2bewell

*Work2BeWell*





# Stressed? Try this!


## Make a to-do list.

@icanhelp

@work2bewell

*Work2BeWell*





**Stressed?**  
**Try this!**  
**Find something**  
**that makes**  
**you laugh!**

@icanhelp

@work2bewell

*Work2BeWell*





**Stressed?**  
**Try this!**

**Breathe.**

@icanhelp

@work2bewell

*Work2BeWell*





# Stressed? Try this!

## Ask for Help.

@icanhelp

@work2bewell

*Work2BeWell*



# Stressed? Try this!

Talk to someone  
about what's  
bothering you.

@icanhelp

@work2bewell

*Work2BeWell*







# Stressed? Try this! Say a positive affirmation.

@icanhelp

@work2bewell

*Work2BeWell*





# Stressed?

## Try this!

# Take a 15 minute power nap.

@icanhelp

@work2bewell

*Work2BeWell*





**Stressed?**  
**Try this!**

**Do something  
creative.**

@icanhelp

@work2bewell

*Work2BeWell*





# Stressed?

## Try this!

# Spend time with someone you trust.

@icanhelp

@work2bewell

*Work2BeWell*





**Stressed?**  
**Try this!**

**Eat a healthy  
snack.**

@icanhelp

@work2bewell

*Work2BeWell*





# Stressed?

## Try this!

# Listen to relaxing music.

@icanhelp

@work2bewell

*Work2BeWell*





# Stressed?

## Try this!

# Complete a high-energy workout.

@icanhelp

@work2bewell

*Work2BeWell*





# Stressed?

## Try this!

# Go outside and listen to nature.

@icanhelp

@work2bewell

*Work2BeWell*





# Stressed? Try this!

Write down 3 things  
you're grateful for.

@icanhelp

@work2bewell

*Work2BeWell*



# Stressed? Try this!

Spend time  
with a pet.

@icanhelp

@work2bewell

*Work2BeWell*





# Stressed? Try this!

# Color a picture.

@icanhelp

@work2bewell

*Work2BeWell*





# Stressed? Try this!

# Bake something!

@icanhelp

@work2bewell

*Work2BeWell*



**Stressed?**  
**Try this!**  
**Go on a walk.**  
**or a bike ride.**  
**or skate!**

@icanhelp

@work2bewell

*Work2BeWell*

