



HOW TO REDUCE STRESS

IN 5 EASY STEPS

01

Identify your stressors:

The first step to reducing stress is to identify what is causing it. This can be anything from work, to relationships, to money troubles. Once you know what is stressing you out, you can start to deal with it.



02

Make a plan:

This may involve making some changes in your lifestyle, such as cutting back on work hours or taking some time for yourself each day.



03

Seek help:

If you're struggling to cope with stress on your own, don't be afraid to seek out professional help. A therapist can help you learn how to deal with stress in a healthy way.



04

Practice relaxation:

There are many different ways to relax, such as yoga, meditation, and deep breathing. Find a method that works for you and make sure to practice it regularly.



05

Take a break:

This may mean taking a vacation from work or spending some time away from your family. Sometimes a change of scenery is all you need to feel better.

