

## Stress Management:

- ☺ Count to 10 before you speak or react
- ☺ Take slow, deep breathes until you feel calm
- ☺ Go for a walk, even just to the restroom, kitchen, or another room and back. This will break the tension and give you a chance to think.
- ☺ Try a quick meditation or reflection period to get some perspective
- ☺ If it isn't urgent then give it time—walk away or sleep on it. Not everything is “right now” and sometimes things need to cool down.
- ☺ Break bigger issues into smaller parts. This is often easier than trying to complete everything at once. This may also help solve other parts of the issue faster since more thought is being given overall.
- ☺ Relax with music or inspirational podcasts/shows, etc.
- ☺ Take a minute to see your pet, hug someone (not at work), or help someone else.
- ☺ Do something active or exercise, take the stress out on the punching bag, treadmill, basketball, etc.
- ☺ Get your rest. Sleep can cure a lot and doesn't take much work!



