



Ways to Reduce Stress

- Ask your friends and family for help
- Get enough sleep
- Take time to relax
- Do activities you enjoy such as gardening
- Solve problems as soon as they happen instead of putting them off for later
- Take care of your body by eating healthy food and being active



Ways to Manage Stress

- When you feel upset, slowly count to 20 in your head
- Do calm enjoyable activities that make you feel better, such as sewing, listening to music, or reading scripture
- Pray
- Sing or dance
- Talk about your feelings with someone you trust
- Stay active, even if it is just a short walk
- Do something fun, as long as it is healthy
- Practice relaxing (calming) your muscles and breathing deeply

