



## *TIPS TO REDUCE STRESS*

- Limit intake of caffeine (a stimulant)
  - Exercise regularly
  - Get a good night's sleep
  - Take a break and relax
- Maintain realistic expectations
- Reinterpret situations in a positive light (reframing)
  - Examine your belief systems
  - Develop a support network
  - Maintain a sense of humor
- Take breaks for peak performance
- Learn to say "no" if saying "yes" will overwhelm you
  - Engage in healthy recreation
- Concentrate on your breath-slower, deeper, longer
  - Practice guided imagery
    - Meditate
- Talk with a trusted friend or mentor