

# MASTERING STRESS: YOUR GUIDE TO INNER CALM

Essential practices to relieve stress

## MINDFUL BREATHING

Focus on your breathing for a few minutes each day to help clear your mind and manage stress.



## STAY ACTIVE

Regular physical activity like walking or light exercise helps reduce tension and boosts mood.



## BUILD STRONG CONNECTIONS

Spending time with family, friends, or support groups fosters emotional well-being.



## PRACTICE RELAXATION

Try deep breathing exercises, meditation, or yoga to calm your mind and reduce stress.



## PRIORITIZE SLEEP

Aim for 7-8 hours of sleep per night to restore energy and reduce the effects of stress.



## PROFESSIONAL SUPPORT

Speaking to a therapist or counselor to develop effective coping strategies.



Implementing these simple strategies can help you maintain balance and live a healthier.