

MANAGING STRESS & MAINTAINING WELLNESS

MOST PEOPLE EXPERIENCE SOME DEGREE OF STRESS EVERY DAY.

Stress can come from your health, finances, family, work, relationships and/or other sources.

How we **recognize** those stressors and **respond** (our **reaction** to stress) impacts our ability to manage the stressors and return to a **recovery** state.

UNMANAGED STRESS CAN CREATE A STRESS CYCLE.



TOOLS THAT YOU CAN USE TO MANAGE STRESS AT WORK



Purposeful Breathing



Relaxing Tense Muscles



Laughter



Taking a Short Break



Connecting with a Colleague

TOOLS THAT YOU CAN USE TO MANAGE STRESS AFTER WORK



Exercise or Sports



Spending Time with Loved Ones



Keeping a Reflection Journal



Arts, Crafts, Woodworking



Taking Some Time for Yourself



Cooking or Baking



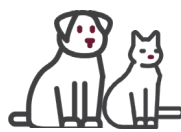
Gardening



Reading



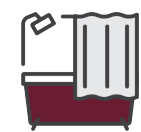
Fishing



Being with Your Pet



Relaxing in Your Favorite Chair



Taking a Bubble Bath