

STRESS REDUCTION TIPS

- GET ENOUGH
 SLEEP
- * EXERCISE
- BUILD A GOOD
 SUPPORT
 SYSTEM
- * THINK POSITIVE
- MINDFULNESS, MEDITATION, YOGA
- SEEK HELP
 FROM A
 MENTAL
 HEALTH
 PROFESSIONAL

SOURCE: <u>https://</u> newsinhealth.nih.gov/2014/12/ feeling-stressed



8 Dimensions of Wellness

EMOTIONAL



WEEK 1 - DAY 4

WORKSITE WELLNESS



STRESS

EVERYONE FEELS STRESSED NOW AND THEN. WHEN STRESS LASTS FOR LONG PERIODS OF TIME, THIS IS A SIGN THAT IT COULD BE MORE HARMFUL THAN HELPFUL.



WAYS TO COPE WITH STRESS

SPIRITUAL INTELLECTUAL PHYSICAL ENVIRONMENTAL FINANCIAL OCCUPATIONAL

EMOTIONAL





TIP

TRY POSITIVE SELF-TALK. IT CAN HELP YOU CALM DOWN AND CONTROL STRESS!

SOCIAL