

QUICK TIPS TO REDUCE HOLIDAY STRESS

TECHNIQUES TO GET OUT OF STRESS FAST

- Count to 10 before you speak or react.
- Take a few slow, deep breaths until you feel your body unclench.
- Go for a walk, even if it's just to the restroom and back.
- Try a quick meditation to get some perspective.
- If it's not urgent, sleep on it and respond tomorrow.
- Walk away from the situation for a while, and handle it later once things have calmed down.
- Break down bigger problems into smaller parts. Take one step at a time instead of trying to tackle everything at once.
- Chill out with music or an inspirational podcast.
- Take a break to pet the dog, hug a loved one or help someone out.
- Workout or do something active.



Source: American Heart Association