

Stress Management 101

1. Understand Your Stress Response

- Recognize physical signs of stress (e.g., increased heart rate, sweating)
- Identify emotional triggers (e.g., anxiety, irritability)
- Understand the impact of stress on your health and productivity



2. Develop Effective Coping Strategies

- Practice deep breathing exercises to calm your mind
- Engage in regular physical activity to release endorphins
- Seek support from friends, family, or a professional therapist
- Prioritize self-care and maintain a healthy lifestyle

Solving Lives Problems

WJ Hussar



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