

# MASTER STRESS

**M**aintain healthy eating

**A**void social isolation

**S**tay informed, not obsessed

**T**alk to others

**E**ngage in mindfulness

**R**elax, play, exercise

**S**tart journaling

**T**ake deep breaths

**R**est and sleep well

**E**ngage in gratitude

**S**tep outside into nature

**S**eek support from friends,  
family, and professionals\*



National Institutes of Health

*Turning Discovery Into Health*

# Stress Master

**AW Rasmussen**



**Stress Master:**

## **Stress Master** Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Stress Master**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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