



Tips on How to Reduce Stress

Some simple ways to reduce stress include:

<p>Eat healthier foods</p> 	<p>Limit caffeine (especially if you have high blood pressure)</p> 	<p>Set aside time to relax</p> 	<p>Relaxation techniques</p> 
<p>Pray</p> 	<p>Talk to someone (a friend, loved one, spiritual leader, or health care professional)</p> 	<p>Write down problems and think about the best solution for each</p> 	<p>Set realistic goals and expectations</p> 
<p>Get enough sleep</p> 	<p>Maintain a positive attitude and outlook</p> 	<p>Vacation</p> 	<p>Incorporate exercise and physical activity</p> 

Questions?

We are here to help, day and night.

24/7 Somatus Care Line
(855) 851-8354, ext. 9