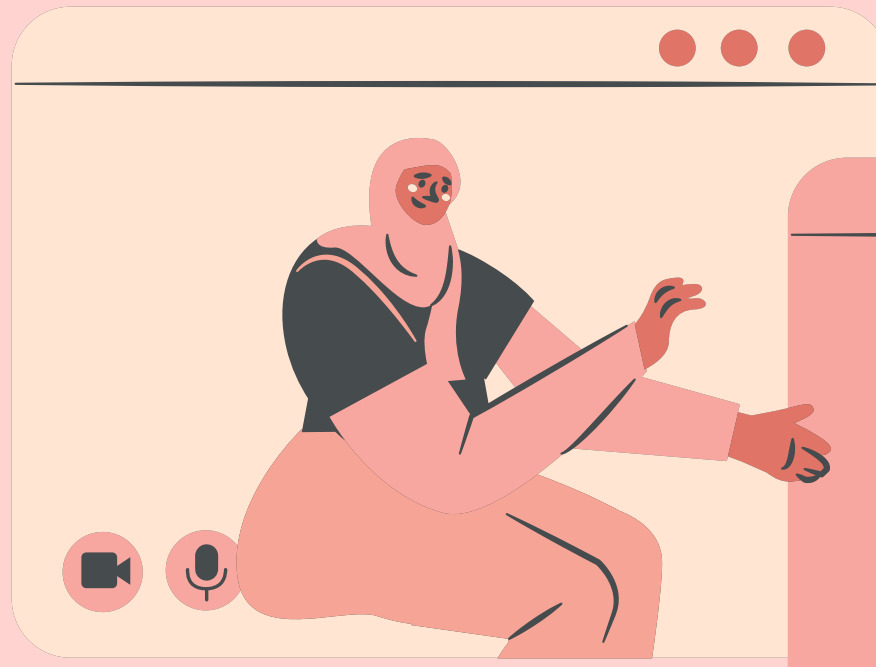
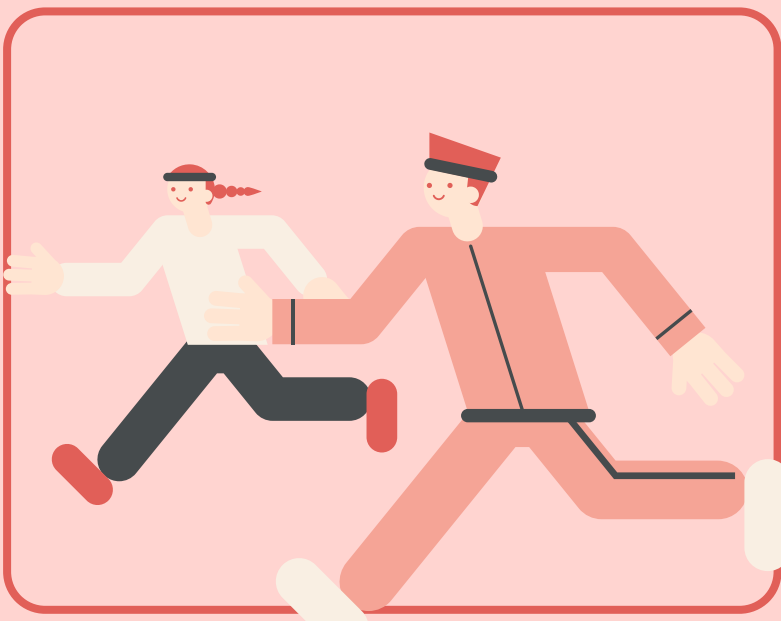


EVERYONE'S EXPERIENCE WITH STRESS AND ANXIETY IS UNIQUE, SO FIND WHAT WORKS BEST FOR YOU. INCORPORATING THESE SIMPLE STRATEGIES INTO YOUR ROUTINE CAN HELP PROMOTE RELAXATION AND OVERALL WELL-BEING.



SIMPLE WAYS TO RELIEVE *Stress and Anxiety*



THE BENEFITS ARE STRONGEST WHEN YOU EXERCISE REGULARLY. PEOPLE WHO EXERCISE REGULARLY ARE LESS LIKELY TO EXPERIENCE ANXIETY THAN THOSE WHO DON'T EXERCISE.

USING ESSENTIAL OILS OR BURNING A SCENTED CANDLE MAY HELP REDUCE YOUR FEELINGS OF STRESS AND ANXIETY.



03

REACH OUT TO TRUSTED FRIENDS, FAMILY MEMBERS, OR SUPPORT GROUPS. SHARING YOUR FEELINGS AND CONCERNS WITH OTHERS CAN PROVIDE COMFORT AND PERSPECTIVE.

04

ENGAGE IN ACTIVITIES YOU ENJOY, SUCH AS READING, LISTENING TO MUSIC, PAINTING, OR PRACTICING A HOBBY. TAKING TIME FOR YOURSELF AND DOING THINGS YOU LOVE CAN HELP REDUCE STRESS.

