

# 12 WAYS TO DE-STRESS

Take a break. Go for a walk

Practice deep breathing to help calm you down

Have a nap to regenerate yourself

Write down your worries

Change a negative thought into a positive

Talk to someone about what is worrying you

Find time to exercise

Unplug yourself from the real world

Don't forget to smile

Treat yourself to something good

Eat healthy. Don't avoid meals

Try to manage your time effectively

