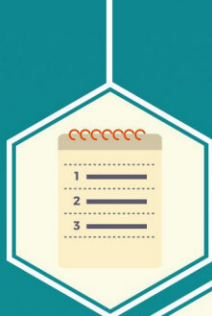


7 TIPS FOR MANAGING STRESS

 @BelievePHQ

Identify your triggers



Manage your time



Have some me time



Learn to say NO



Exercise regularly



Practice deep breathing



Get more sleep