

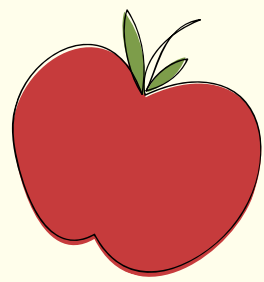
tips reducing for stress@work

BREATHE INNNN & OUUUUUUT

Take a few deep breaths & feel the stress start to subside.



EAT HEALTHY



Apples > Donuts, Mixed Greens > Burgers, Avocados > Pizz... well, you get the point. Food is fuel for your body -- use quality stuff.

GET A GOOD NIGHT'S REST

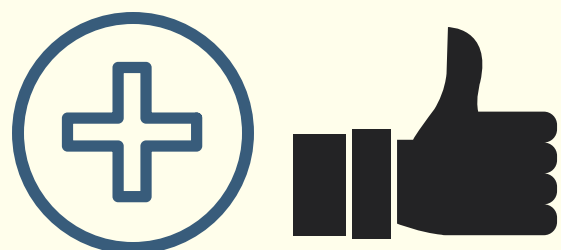


A good night's rest can help you take on anything. I know it's easy to binge-watch Netflix -- but maybe instead of **just one more episode**, you get an hour more of sleep!?

ACT RATHER THAN REACT

We get stressed when we feel like we don't have control over a situation. When something stressful happens, don't immediately react with anger. If possible, take a moment, collect your thoughts, and act in a calm and controlled manner. Even if you're still feeling the stress, the outward calm nature will have an impact.

ACCENT THE POSITIVE



If you feel the stress starting to build, focus on the positives. I mean, you're basically a hero in scrubs.