

+ MOTIVATIONAL MONDAY



DID YOU KNOW...

More and more U.S. adults are dealing with stress at home and at work.

When you're feeling stressed, try the following tips.

Take five. Take a deep breath and relax. Even five minutes to take care of yourself can help.

Take a walk, stretch, or attend a virtual exercise class. While doing an activity you enjoy, focus on the here and now.

Maintain connections with others. Call, video chat, or reach out to friends and family.

Create a daily routine that includes rest, exercise, and regular meals.

Seek support from friends, family, and trusted organizations.

- Talk about your feelings with others.
- Consider creating a plan together with family and friends for how you may help one another or share responsibilities.
- Reach out to clergy or others in your faith community.

Seek help from a professional if your stress becomes overwhelming or feels unmanageable. Talk to your doctor about how you are feeling.

