

## **MANAGE STRESS**

- **Identify Your Stressors:** The first step to managing stress is to identify what is causing it. Take some time to reflect on what is causing you stress and how it is affecting your life. Once you have identified the source of your stress, you can begin to develop strategies to manage it.
- **Develop a Plan:** Once you have identified the source of your stress, it's time to develop a plan to manage it. Start by setting realistic goals and breaking them down into smaller, achievable tasks. This will help you stay focused and motivated.
- **Take Time for Yourself:** This could include taking a walk, reading a book, or listening to music. Taking time for yourself will help you relax and recharge.
- **Practice Mindfulness:** It involves focusing on the present moment and being aware of your thoughts and feelings without judgment.
- **Seek Support:** Talk to friends and family about what you're going through and ask for help if you need it. You can also seek professional help if needed.
- **Celebrate Small Successes:** This will help you stay motivated and remind you that you are capable of achieving your goals.