

# Managing Stress

Managing stress is important for our physical, mental and emotional health. By being mindful of daily stressors and stressful environments, you'll be better positioned to take on new challenges in a healthy way. Proactively manage stress and keep track with this checklist of daily activities such as reading, writing, exercising or listening to soothing music.

## Idea checklist:

- Practice mindfulness
- Laugh!
- Videochat with friends
- Write in a journal
- Read poetry
- Listen to soothing music
- Eat a healthy snack
- Learn to juggle
- Color, draw or paint
- Exercise
- Sing!
- Make a list of things that make you happy
- Re-read a favorite book

## Daily exercise

can help burn off stress.

Gym closed?

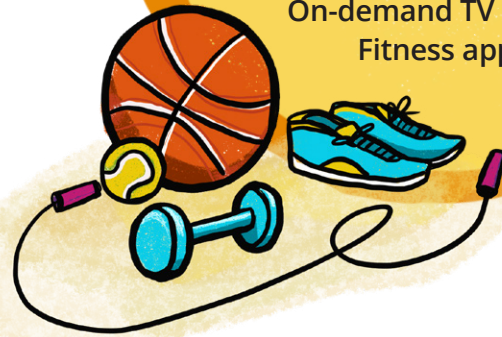
### TRY:

Walking/running outside

YouTube fitness videos

On-demand TV classes

Fitness apps



## Mindfulness meditation

reduces stress and depression.

### TRY:

Mindfulness apps like Calm

YouTube videos

