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