

Stress Busters: 10 Ways to Reduce Your Stress

1. Focus on one task at a time
2. Set limits when you need to
3. Allow extra time for tasks and appointments
4. Get help with jobs you dislike
5. Set realistic expectations for yourself
6. Find enjoyable ways to exercise
7. Express your feelings
8. Schedule more fun and breaks in your day
9. Practice deep breathing
10. Laugh as often as you can