



The Mental Health Center
OF GREATER MANCHESTER

401 Cypress Street
Manchester, NH 03103-3699

Stress Busters

Take the time to assess your own stress and take care of yourself

21 Great Stress Buster Tips

Take a Deep Breath

Ask others to help
Talk things out
Visualize a peaceful scene
Set limits
Count to 10
Believe in others
Believe in yourself
Confront your feelings
Set realistic goals

Take a Deep Breath

Remember time heals
Cry if necessary
Take a walk
Stretch often
Learn to say No
Reflect on your joys
Encourage others
Seek out positive people
Remember your triumphs
Love yourself
Laugh often

Take A Deep Breath