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**