

# BREATHE EASIER



THE AMERICAN INSTITUTE ON STRESS REPORTS THAT OVER 50% OF AMERICAN ARE STRESSED DURING THE DAY AND 94% OF WORKERS REPORT FEELING STRESSED AT WORK. BELIEVE IT OR NOT, STRESS IMPACTS THE ENTIRE BODY. TRY THESE TIPS FOR STRESS REDUCTION.



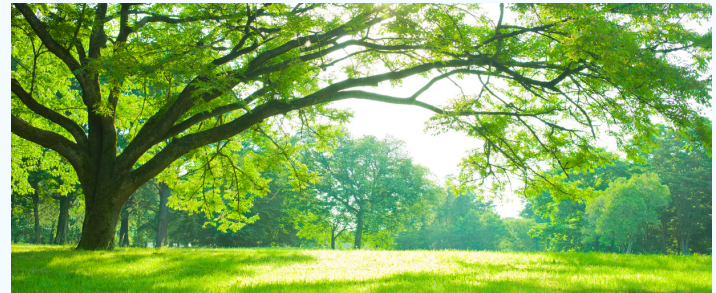
## CONNECT WITH FRIENDS AND FAMILY

SOCIAL CONNECTIONS CAN PROVIDE EMOTIONAL SUPPORT THROUGH COMMUNICATION, A POSITIVE DISTRACTION FROM THE STRESS OF LIFE AND CAN FOSTER A SENSE OF BELONGING.



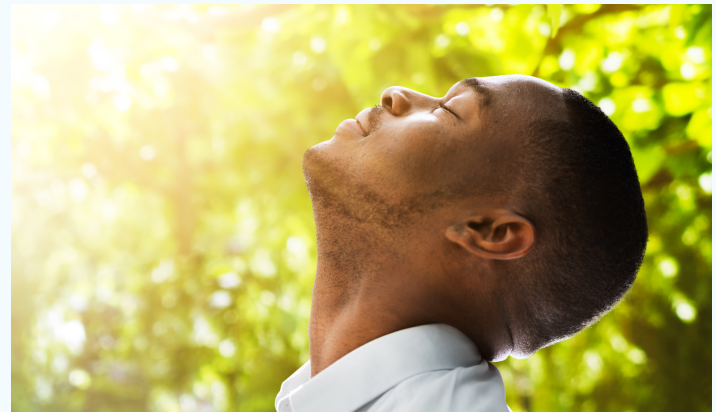
## TAKE A WALK IN NATURE

NATURE HAS A CALMING AND RESTORATIVE EFFECT ON THE MIND. THE SIGHTS, SOUNDS, AND SMELLS OF NATURE CAN PROVIDE A WELCOME BREAK FROM THE STIMULI AND STRESSORS OF DAILY LIFE



## GET ACTIVE

DAILY PHYSICAL ACTIVITY IS A GREAT STRESS RELIEVER AS IT CAN HELP REFOCUS YOUR MIND AND BOOST YOUR SENSE OF WELL-BEING.



## BREATHE

TAKE SLOW, DEEP BREATHS TO LET GO OF THE BUILT-UP TENSION.