

**1 Meditate**  
Or practice mindfulness. Research suggests that even a few minutes a day can help ease anxiety! Meditation has been shown to alter the brain's neural pathways, making you more resilient to stress.

Take a few minutes at the start or end of your day to list the things you are grateful for. Gratitude can improve your physical, mental and emotional health, so it's more than a feeling!

**2 Practice Gratitude**

**Breathe Deeply**  
Take a few minutes to sit up straight and practice slow, deep breathing. Deep breathing can counter the effects of stress, slow heart rate and lower blood pressure. It can also help relax muscles and tension.

Listening to music can uplift, relax, energize and renew you! It can also quickly bring you back to a happy memory. Create a go-to playlist for stressful moments!

**Listen to Music**



SB  
WELLNESS  
GROUP'S

**Top 10**

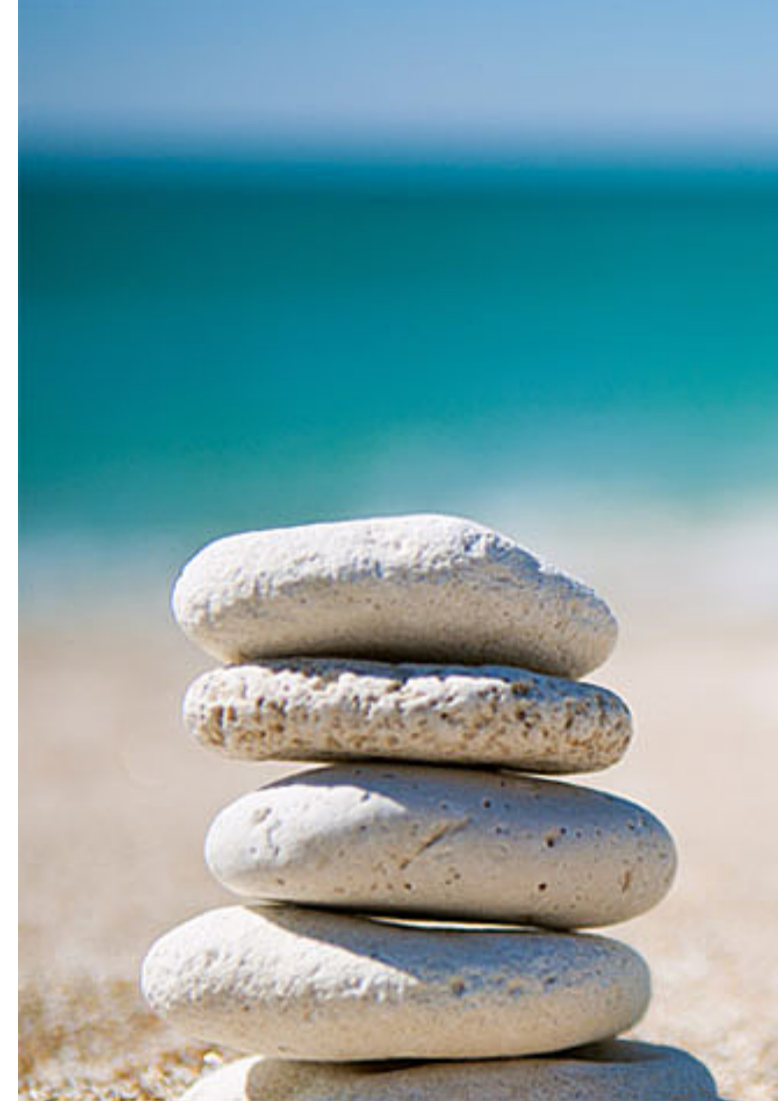
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Be mindful of your surroundings. If you are walking, focus on the air hitting your face or the warmth of the sunshine. Mindfulness can improve happiness, communication and even improve the function of your brain.

**5 Be Present**

**10 Exercise**  
All forms of exercise, including yoga and walking, can ease depression and anxiety by helping the brain release feel good chemicals and by giving your body a chance to practice dealing with stress.



Adding more fruits and vegetables, drinking water instead of soda, and eating a clean, non-processed diet will keep you healthy and more 'buffed up' for stressful times!

**Eat Healthy**

**8 Laugh**  
Laughter is great medicine for what ails you! Grab a friend and see a funny movie, call someone who always makes you laugh, or watch funny videos. Just remember to focus on getting the laughs in!

Take time for yourself to do the things that make you happy. Carve out some 'me' time for something that brings you joy. Do you love to play tennis, but are no longer playing? Plan to play with a friend!

**7 Do What You Love**

**Connect**  
Reach out to your social network and spend time with the people who make you feel supported, loved and happy. Share what is going on in your life with others. You may get a different perspective!