

Helpful Ways to Manage Stress

- Prioritize
- Develop a Time Management Plan
- Take Breaks and Enjoy Leisure
- SLEEP!
- Moderate Caffeine Intake
- Exercise Regularly
- Relax/Meditate
- Check your Thoughts/Beliefs
- Develop Realistic Expectations
- Reframe
- Develop a Support System
- Seek out Humor
- Self-Care. Put yourself first, you can't drink (or pour) from an empty cup!