

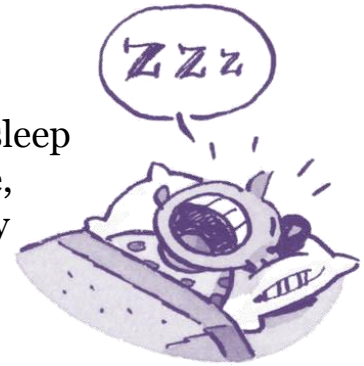
# Stress Less

## Stress happens... How do you cope?

Here are some healthy tips to help manage stress:

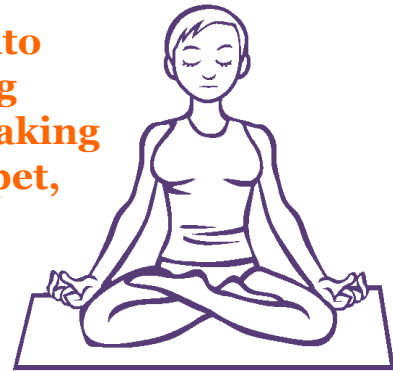
1. Take a stand against overscheduling. If you're feeling stretched, consider cutting out an activity or two, opting for just the ones that are most important to you.

2. Get a good night's sleep. Getting enough sleep helps keep your body and mind in top shape, making you better equipped to deal with any negative stressors.



3. Learn to relax. The body's natural antidote to stress is called the relaxation response. The chemical benefits of the relaxation response can be triggered by simple breathing exercises.

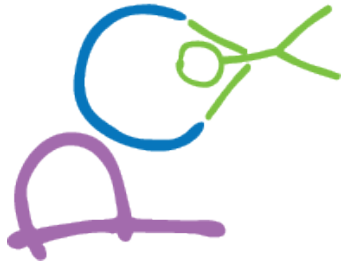
**Ensure you stay relaxed by building time into your schedule for activities that are calming and pleasurable: reading a good book or making time for a hobby, spending time with your pet, or just taking a relaxing bath.**



4. Treat your body well. Experts agree that getting regular exercise helps people manage stress. Eating well helps your body get the right fuel to function at its best.

PoeCenter™

The Alice Aycock Poe Center for Health Education



Girl Scouts®