

Control My Stress®

When you're feeling stressed, remember...

*Take a **DEEP** breath, and say to yourself...*

I am physically safe...

There is no physical threat...

It IS okay to RELAX...

Repeat until you feel more calm...

Coping With Stress Health TIPS To Create Balance

- Eat a balanced diet and drink more water
- B-Complex, Magnesium and antioxidant vitamins (A,E,C)
- Stretch out your muscles during the day
- 30 minutes of activity 5x's per week
- Talk with supportive friends
- Notice what you are thinking and feeling physically and emotionally
- Offer gratitude for someone or something everyday
- Get 8 hours of sleep per night

*For more information: <http://www.controlmystress.com>**