



Quality sleep, healthy eating, and regular physical activity can improve your emotional well-being.

BREAK DOWN BIG PROBLEMS:

Take jobs one step at a time and break big problems into smaller parts to make them more manageable.

DO SOMETHING YOU ENJOY:

Take time to "switch off" from work. Go for a walk in nature, grab lunch with a friend or do a quided meditation video on YouTube.

REACH OUT:

If managing stress on your own is difficult, seek help from a doctor, mental health professional or call 988.

Access additional resources and information



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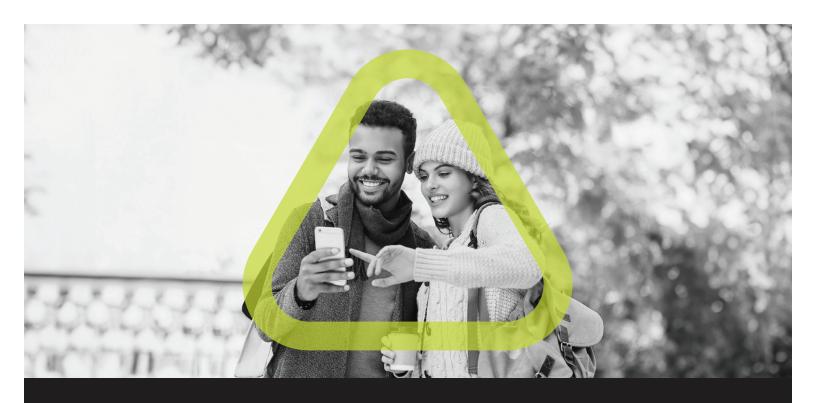
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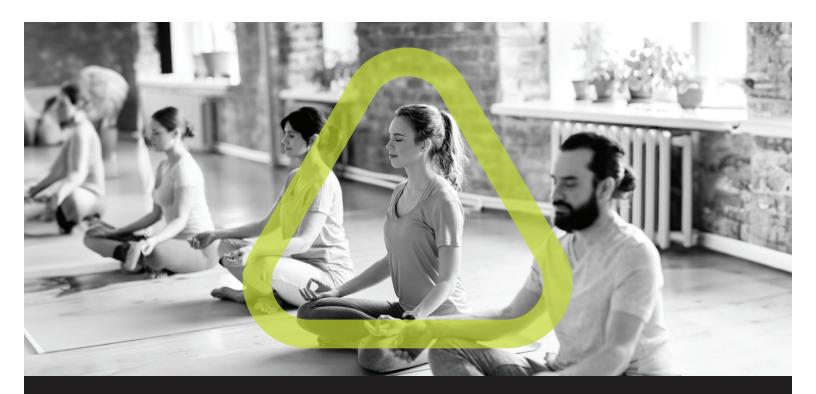
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