



IDEAS TO HELP YOU STRESS LESS

- ▲ **TAKE CARE OF YOURSELF:**
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 guided 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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**SAFETY + HEALTH CONFERENCE | NORTH DAKOTA SAFETY COUNCIL
FEBRUARY 24-27**

Bismarck Event Center

This 3-day conference provides a variety of safety, health and leadership classes. WSI offers scholarships to attend at a reduced rate. ndsc.org/annualconference





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