



# Chill out

## Feel your best, without stress

### Don't let it get the best of you

If you've ever felt stressed, then you know what it's like. It happens in moments where you're handling a lot. And although some stress is normal, having too much can hurt your health. That's why it's vital to keep it in check.

### What happens when you're stressed?

Your body goes into fight-or-flight mode. Your heart races, your breath quickens and your energy is at a high level. These feelings can cause physical problems like headache, stomachache, back pain or a weakened immune system.

*The good news? You can learn to manage your stress to keep your health protected.*



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# Tips to ease stress

The best way to manage your stress is to learn healthy coping techniques. But not everyone will use the same ones. Find what works best for you.



## Work it out

Take a walk. Regular exercise is one of the best ways to manage stress.



## Write it down

Keep a journal. It can help to write about the things that are bothering you.



## Let it out

Talk, laugh, cry — express your feelings. Do it with someone you trust, if you need to.



## Relax your body

Ease off. Try aromatherapy, yoga, breathing exercises and muscle relaxation exercises like tai chi or qigong.



## Do something you love

What makes you happy? A hobby can bring joy and help you relax. Volunteering can be a great stress reliever, too.



## Focus on the present

Meditate or listen to music. Try to look for the humor in life. Laughter really can be the best medicine.

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