

10

Tested Tactics to Minimize STRESS

You probably know high levels of stress are bad for your health, but what can you do about it?
Lots of things!

Talk It Out

It helps you prioritize and provides insight to problems.



Laugh

It activates and relieves your body's stress response, improves mood, and more.

Schedule Breaks

It gives your brain time to relax and rejuvenate.



Hang Out with a Dog or Cat

Pets remind you to live in the moment and be playful.

Eat Omega-3's

Foods like salmon, broccoli, and walnuts boost mood and energy.



Cuddle

It stimulates the release of the stress-busting hormone oxytocin.

Get Moving

It stimulates the release of the stress-busting hormone oxytocin.



Make Sleep a Priority

It lets your brain recover to maximize productivity and creativity.

Go Forest Bathing

Time in nature has positive effects on physical and mental health.



Keep It Balanced

A life outside work can give you greater support and pleasure.



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For more details, visit us at:
[blog.pacificsource.com/2017/05/03/
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