

TIPS ON HOW TO DE-STRESS AT WORK

Here are our top 10 different ways to help relieve stress from your life. Print this list and keep it somewhere handy. When you start feeling the crunch, remember there are lots of ways to make things a little more manageable and keep your stress in check.

1



PUT ON SOME MUSIC

Pop your headphones on and play something soothing to help reduce anxiety.

2



TAKE A FEW DEEP BREATHS THROUGH YOUR NOSE

The extra oxygen helps reduce tension and relieve built-up stress.

3



EAT A HEALTHY SNACK

Pick something that will fill you up and keep you energized, such as nuts or fruit.

4



GET A PLANT

Not only does a plant make your space a little more relaxing but it will also purify the air.

5



STEP AWAY FROM THE SCREEN

Sometimes, all you need is a quick change of scenery and that little shift can put things into perspective.

6



KEEP A TO-DO LIST

Prioritize what needs to get done and cross things off your list as you accomplish them. Seeing progress will keep you motivated.

7



LAUGH

Watch a quick video, message a friend, or talk to a coworker. Sometimes a smile and a little laughter can reset your mood and give you the focus you need to get things done.

8



WORKSPACE MAKEOVER

This can be anything from a spring clean to adding a picture frame. A clean and calming space will let you focus on what you need to.

9



GO FOR A WALK

Heading outside for some fresh air will clear your head and boost endorphins (special brain chemicals that reduce your stress!).

10



STRETCH

You can do this right from your chair or get up and do a few quick stretches to invigorate your body and feel refreshed.