











Stress Management

Top 10 Ways to Handle Stress

	Exercise. Exercise releases chemicals that cause positive feelings.
	Eat well. Eating healthy foods helps your body cope with the side effects of stress and helps you feel better.
	Sleep better. Getting 7-9 hours of sleep each night is important. Try to go to bed and wake up around the same time every day.
	Read. Reading for as little as 6 minutes reduces stress.
	Thankful journaling. Every day, write down 3 things for which you are thankful. Check out the Breathe Journal for more journaling activities.
	Laugh more. Laughing makes you happier and reduces stress.
	Deep breathing. Breathe in slowly through your nose, allowing your chest and lower belly to expand as you fill your lungs. Now breathe out slowly through your mouth. Repeat.
	Practice mindfulness. Mindfulness is slowing down to be fully aware of your thoughts, emotions, and how your body feels.
	Clean the house. Having a clean and organized home can reduce stress.
	Hand warming. When stressed, hands and feet can get cold. Warming your hands can help you feel calmer. Hold something warm like a cup of tea or run hands under warm water.

Smoking/Vaping and Stress

You might have learned to deal with stress by smoking/vaping. Even after you quit, you may want a cigarette/e-cigarette when you feel stressed. Smoking/vaping can contribute to a person's stress level by causing illness to themselves or family members.