

STRESS MANAGEMENT STRATEGIES

Connect with family and friends

Reach out to a family member or friend and share what you're going through. Make sure that you contact a person you trust who will listen to you, be supportive, and respect your confidentiality.

Have fun!!!

Tell a funny joke or story to a friend or send a funny text. If you've got more time, do something fun with others or by yourself. When you're having fun, your smiles and laughter help relieve tension and improve your mood.