


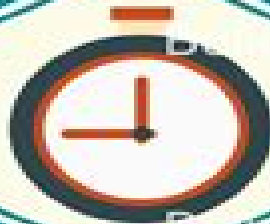
7 TIPS FOR MANAGING STRESS

 @BelievePHQ

Identify your triggers



Manage your time



Have some me time



Learn to say no



Practice deep breathing



Get more sleep

Exercise regularly

Handling Stress Learn How To Handle Stress

S Marginson



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