

5 APPROACHES TO TRANSFORMING STRESS & RECLAIMING WELLBEING



RECONNECT WITH YOURSELF

- yoga
- meditation
- massage therapy & acupuncture


CONNECT WITH OTHERS

- hugs
- a date with a friend
- time with your pet



GIVE YOUR BRAIN A BREAK

- a cup of tea and a good book
- one ounce of dark chocolate
- good sleep



ENJOY NATURE

- outside exercise
- sit in sunlight
- garden



EXPERIENCE EMOTION

- laughter
- be heard and understood
- journal

