5 Approaches to Transforming Stress & Reclaiming Wellbeing

1. Reconnect with yourself
   - yoga
   - meditation
   - massage therapy & acupuncture

2. Connect with others
   - hugs
   - a date with a friend
   - time with your pet

3. Give your brain a break
   - a cup of tea and a good book
   - one ounce of dark chocolate
   - good sleep

4. Enjoy Nature
   - outside exercise
   - sit in sunlight
   - garden

5. Experience Emotion
   - laughter
   - be heard and understood
   - journal