

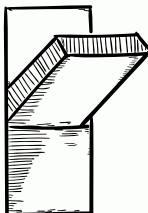
Stress Management Strategies

Stress is going to come. The sooner you respond with the best strategies for you, the sooner you can aid your body back to a relaxed state.

Try these stress coping strategies when you are stressed at work.

Lights Off.

ON



OFF

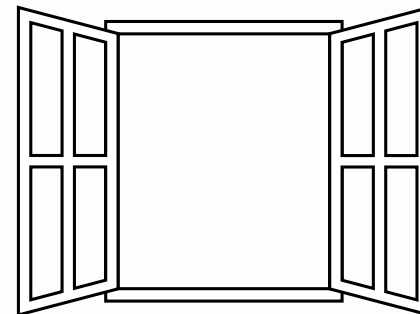
Turn off the lights. Florescent lights can increase headaches, eyestrain, and anxiety.

Relaxing Music



Play relaxing music to calm you down and relieve pressure.

Open Windows



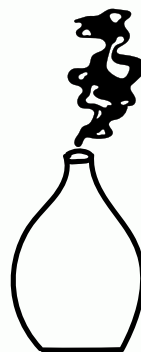
Open the blinds and the windows. This will increase nature sunlight and fresh air.

Breathing Exercise



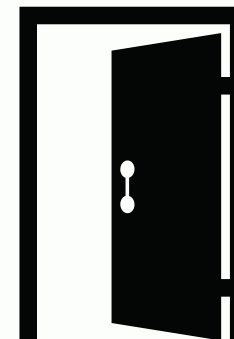
Take a few deep breaths. Participate in a breathing exercise if possible to

Defuser



Scents of lavender, vanilla, and lemongrass can help calm you down.

Mental Health Day



If all else fails, take a mental health day. Use this day to relax, but also to decide what actions to take next.