



Reduce Your Stress NOW!

Feeling stressed? You're not alone. An estimated 8.3 million American adults – about 3.4% of the U.S. population – suffers from some sort of stress. Stress can cause many negative effects physically, mentally, and physiologically.

Try these three techniques now to reduce your stress!



Break

A few minutes away from your stressor can clear your mind.



Exercise

Endorphins created from exercise help reduce stress.



Meditate

Being present and breathing can help you refocus and gain new perspective.