Stress is NORMAL but we need to maintain "manageable" levels of stress.

Learn which stress reliever's work for you & consistently do them.

Be flexible, patient, & open to change or at least be willing to compromise.

Take a "personal timeout" when things seem to be overwhelming.

Deep breathing exercises can slow your pace & help you think clearly before you react.

"Don't worry, be happy" - avoid worrying about things you can't control, its wasted energy.

Remember to not "sweat the small stuff."

Surround yourself with what you love – people, hobbies, interests, etc.

Keep only cheerful friends – grouches can pull you down.

Cherish your health – take care of your overall wellbeing.

Give someone a compliment today.

Most smiles are started by another.

Let those you care about know it!

"Life is not measured by the number of breaths we take, but by the moments that take our breath away."

For more information about health and wellness contact McKinley Health Education Unit, 217-333-2714.