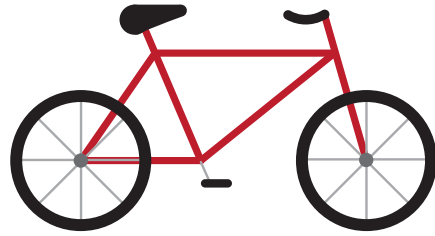


12 Instant Stress Busters

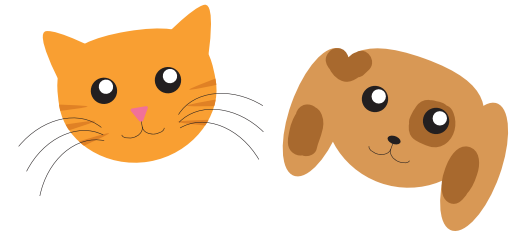
Try these tips to help you manage stress and anxiety in the moment



Breathe deep



Work it out



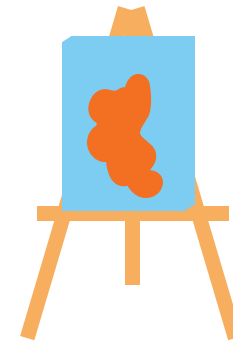
Pet a cat or dog



Have a bath



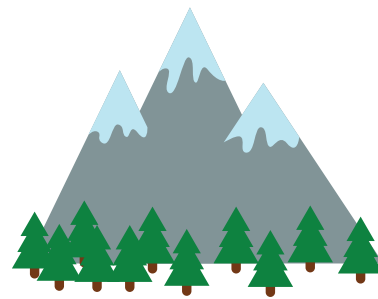
Talk it out



Get artistic



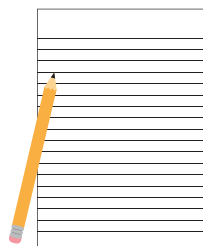
Listen to music



Spend time in nature



Laugh it off



Write it down



Take a nap

Watch TV