

STRESS

Are you tired, sluggish, irritated, or just don't feel like yourself?



Do you have:

Headaches

Upset stomach

Pain & Tightness in your back and neck

Difficulty sleeping

General unhappiness

Feelings of loneliness and isolation

Tired muscles

Don't resort to:

Over-the-counter drugs

Or

Prescription drugs

Simple ways to gain relief

- *Pray*
- *Spend time with family and friends*
 - *Practice quiet time*
 - *Light a scented candle*
 - *Write about your stress*
 - *Join a yoga class*
- *Decrease caffeine intake*
 - *Laugh*
- *Get 8 hours sleep/night*
 - *Learn to say NO*
 - *Don't procrastinate*