

# Top Tips for Dealing With Stress and Tension

- Get away for a while. Do something pleasurable, have time just for you
- Work off your anger. Exercise, gardening, start a project etc.
- Give in occasionally. Avoid quarrels whenever possible
- Tackle one thing at a time. Don't try to do too much at once.
- Don't try to be perfect
- Ease up on criticism of others
- Don't be too competitive
- Make the first move to be friendly
- Have some fun! Laugh and be with people you enjoy!

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- Recognize your symptoms of stress
- Exercise is one of the most effective stress remedies around!
- Use relaxation techniques - yoga, meditation, deep breathing, or massage
- Help others. Volunteer work can be an effective and satisfying stress reducer
- Time management
- Watch your diet.
- Get enough rest and sleep
- Talk with others
- Look at your lifestyle

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