How to Cope With Stress

• Practice mindfulness every day. Mindfulness is a way of being present in the moment, which can help reduce stress.

• Exercise regularly. Physical activity can help release endorphins, which are chemicals in the brain that act as natural painkillers and mood elevators.

• Get enough sleep. Sleep is crucial for overall health and well-being, and lack of sleep can contribute to stress.

• Eat a healthy diet. A balanced diet can help keep your energy levels up and reduce stress.

• Take breaks throughout the day. Taking short breaks can help you recharge and reduce stress.

• Connect with others. Social support can be a powerful buffer against stress.