

GET ENOUGH SLEEP

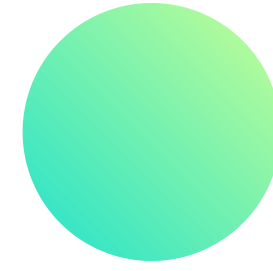
or at least try to relax for 8 hours!

LIMIT STIMULANTS

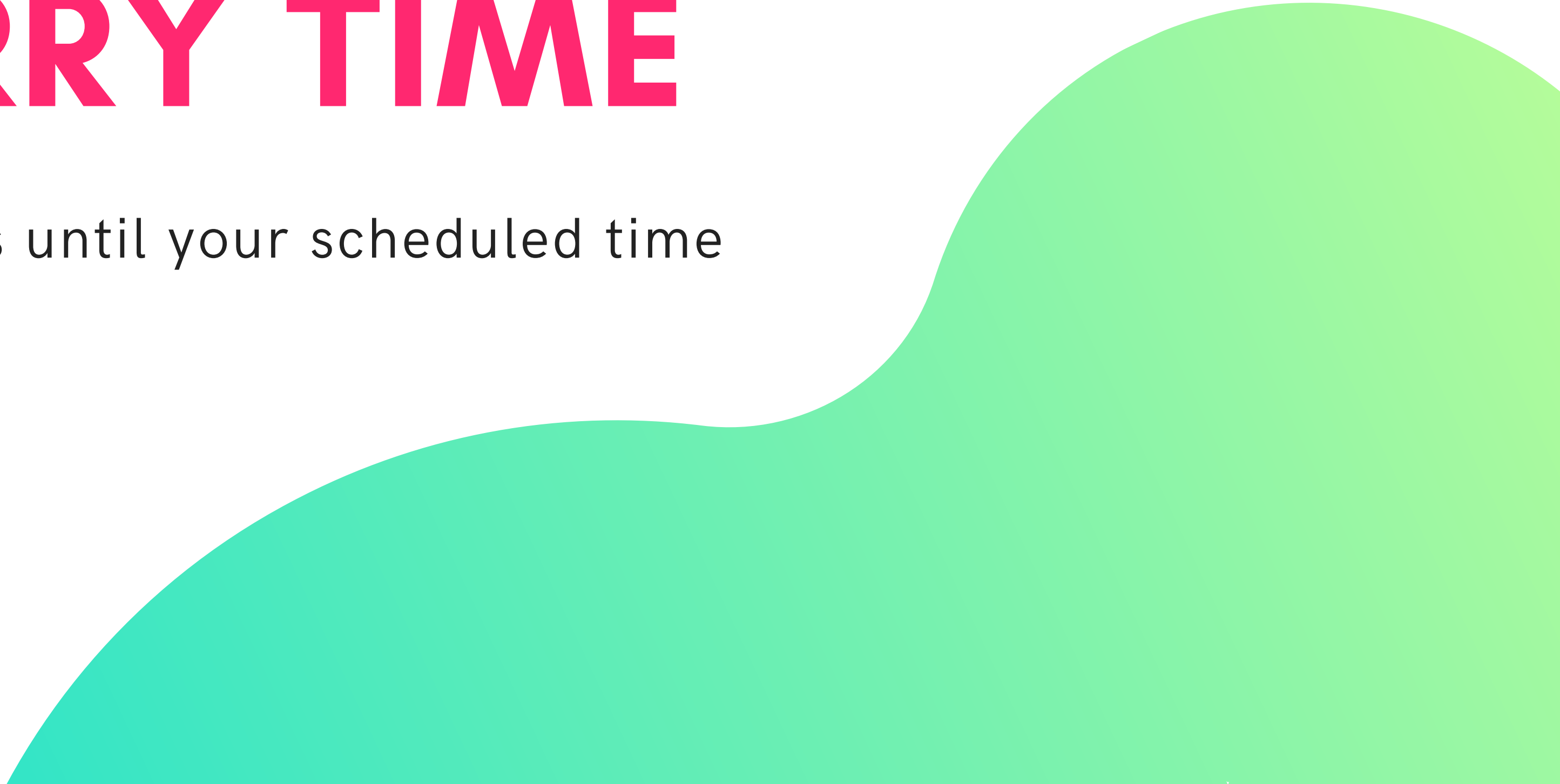


like caffeine and alcohol

SCHEDULE WORRY TIME




save concerns until your scheduled time




MEDITATE



unclench your jaw and release your brow



LOCATE TRIGGERS



discover what upsets you and find the
best way to handle it



TAKE DEEP BREATHS



inhale and count to 10 as you exhale





VOLUNTEER YOUR TIME

reach out to your community to help



TALK TO SOMEONE

find a support source or network

EAT WELL- BALANCED MEALS

snacks like nuts, beans, or eggs are great
brain food

