

STMP



**People who exercise tend to
more positive about themse
feels good, your mind often
stress relief with these exerc**

- **Running**
- **Swimming**
- **Dancing**
- **Cycling**

**What are
ways that
combat st**



**Sometimes, daily rituals
Something I do every morning
up early and drink peppermint
watching the stars**

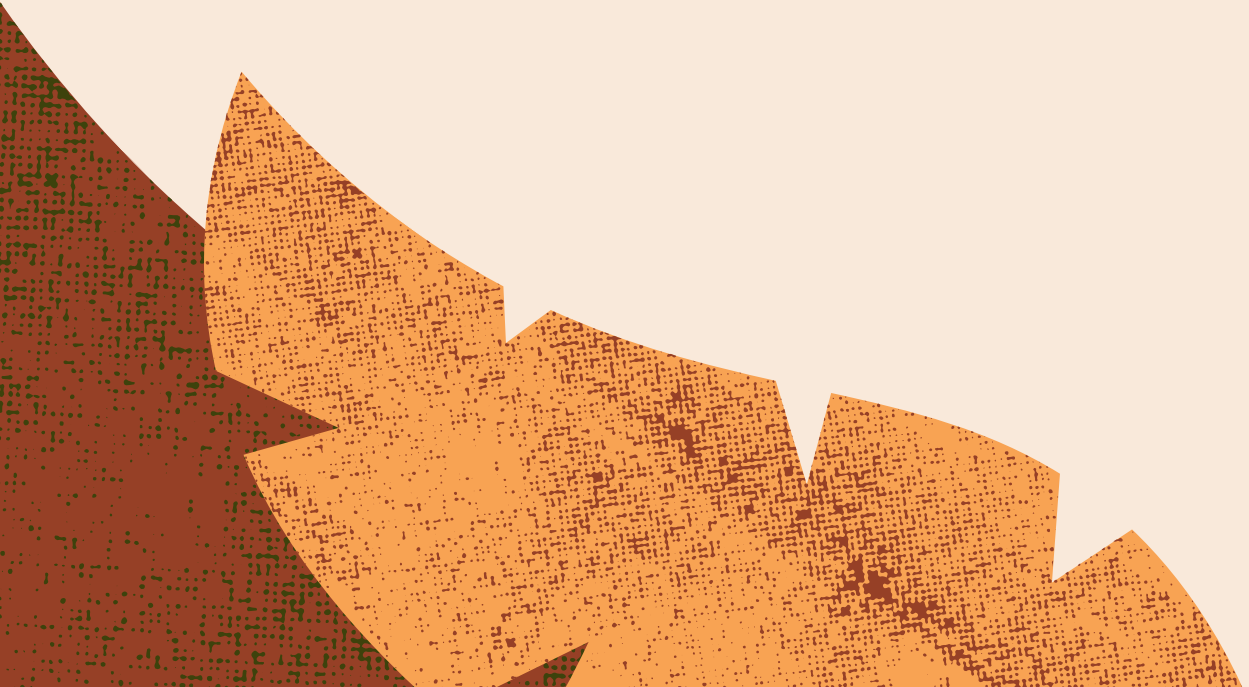




"Do not let the behavior
destroy your inner

-Dalai Lama

**"Today I claim
calm over
serenity over
peace over power
grace over
faith over**



Diet-

The benefits of eating health foods extend beyond your waistline to your mental health. A healthy diet can lessen the effects of stress, build up your immune system, level your mood, and lower your blood pressure.

Better sleep habits can help with stress, improve your daily routine and the way you set up your home. Here are five ways you may help include:

- **Exercise regularly.**
- **Get out in the sunlight.**
- **Set a sleep schedule.**
- **Don't look at your electronics 30-60 minutes before bed.**
- **Try meditation or other forms of relaxation.**

Laugh therapy. When you take in more oxygen. Your muscles get a boost and releases those feel-good hormones. Laughter also improves your immune system, lessens pain and improves your mood for long