



4 STEPS TO DEALING WITH **Everyday Stress**

01

Know Your Triggers

A huge part of stress management is knowing yourself and the factors that contribute to stress in your life. What are yours?

02

Know Your Stress Symptoms

Once your symptoms have hit, start a plan of action to resolve them. A daily plan is most effective. What is yours?

03

Recognize Worry

Stress and worry are two very different things, although they go hand-in-hand for many of us. What do you do when you worry?

04

Let It Go

Don't let the stress fester and multiply, and start a new cycle? What do you need to do to let it go?