

# FIVE TIPS TO MANAGE STRESS

# Let's Reduce Stress

## INFOGRAPHIC



# 1

### Goal Management

Stop setting unrealistic goals!  
Set SMART Goals (Specific, Measurable, Attainable, Relevant, and Timely. [Here is a great](#) how-to guide from the University of California.

# 2

### Practice Saying "No"

I am sure you want to do things for people you care about and love.  
Keep in mind that you have to protect yourself and your space. Try not to feel guilty for living a "stress-free " life.



# 3

### Relax As Needed

Permit yourself to relax! If you have a tight schedule, write in moments during the day to relax. This could improve your attitude and increase productivity.

# 4

### Walk Away

This does seem harsh! But be prepared to leave situations that are not healthy for you or your family. Decide what your priority or priorities are.



# 5

### Learn from A "Cope Manager"

Like we find mentors to support business opportunities- find a "cope manager." Someone that you admire how they handle stress. Ask them questions about you can reduce stress.