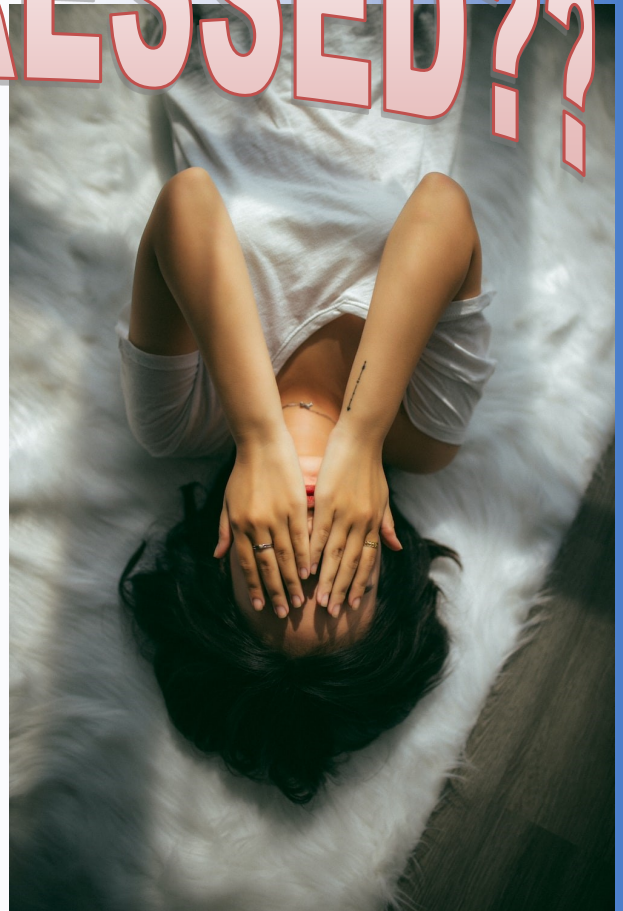


Feeling STRESSED??

- Take a deep breath—spend a few minutes focusing on your breathing
- Write down what is stressing you out
- Listen to relaxing music
- Drink water, not coffee
- Get fresh air, take a short walk
- Take a break from social media (there, we said it)
- Talk to someone



For more advice, visit the Modern Health app for guidance, tips, tools, workshops and more.

