

# DEALING WITH STRESS

Stress is a natural part of life. You might feel that smoking calms you down but that cigarette is just restoring the level of nicotine that your body has come to need - that's not relaxation, it's addiction. There are many healthier ways to deal with stress. Check out these stress busters and the next time you find yourself in a tight situation, try one out!

## Deal with your problems head on

- ✓ Get advice from those around you and deal with your problems ASAP

## Deep breathing exercises

- ✓ Take a deep breath in through the nose, out through the mouth

## Don't rush!

- ✓ Slow down and enjoy the day

## Drink more water

- ✓ Try to drink 8 glasses per day

## Exercise

- ✓ Go for a run or walk your dog

## Get a new hobby

- ✓ Learn to cook a new kind of food (e.g. Italian, Thai, or Mexican)

## Get organized

- ✓ Organize your life and manage your time well

## Laugh

- ✓ See a funny movie or read comics

## Reward yourself

- ✓ Go to a movie

## Stay positive

- ✓ Replace any negative thoughts with positive ones

## Stimulate your senses

- ✓ Try aromatherapy  
Have a bubble bath

## Treat your muscles

- ✓ Get a massage or stretch tense muscles