

1. a.) Take a long, slow breath in through your nose, first filling your lower lungs, then your upper lungs.
2. b.) Hold your breath to the count of three.
3. c.) Exhale slowly through pursed lips, while you relax the muscles in your face, jaw, shoulders, and stomach.

3. **SLEEP** - A healthy diet, low in sugar, caffeine, and alcohol, can promote health and reduce stress. Get adequate sleep: A good night's sleep makes you able to tackle the day's stress more easily. When you are tired, you are less patient and more easily agitated, which can increase stress. You should average between 7-9 hours per night.

4. **MEDITATION** - Meditation is one of the best ways to lead a stress-free life. A simple, 5-20 minutes of meditation will make you refreshed and relaxed. Besides, it also helps to reduce your anxiety, tension and stress. In the middle of your work, just take a break and connect with yourself.

5. **TAKE CARE OF YOUR GUT** - Although stress may not cause stomach ulcers, celiac disease, or inflammatory bowel disease, it can make these and other diseases of digestion worse.

6. **ACCEPT THINGS YOU CANNOT CHANGE** - Be you!!!