



Bounce back and be happy

Your resilience is how
well you "bounce back"
from stress.

Tip No. 1

Rate your level of stress each day this week. Write down three areas of your life that are causing you stress.



Instructions:

- 1 Fold in half.
- 2 Fold on dotted lines at each end.
- 3 Tape at bottom.



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Tip No. 2

Practice breathing slowly.
Count to 10 when you start
to feel overwhelmed.



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HEALTH

Feel good.
Live happily.

Try a few stress-busting
exercises to build up
your resilience.

Tip No. 3

Get moving! Set aside time to walk or try a yoga class. Activity usually makes it easier to keep stress in check.



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Tip No. 4

Talk to your partner or a close friend about what's on your mind. Sometimes, you just have to let it out.



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Happiness
is all yours

By changing how you respond
to stress, you can feel happier
and enjoy better health!

Tip No. 5

Make time for things you
enjoy, like riding your bike,
crafting or volunteering.



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Tip No. 6

Get organized. Sort through your desk, kitchen, planner, email or whatever else feels cluttered.



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