COMBATTING STRESS
Tips & Ideas

**Prioritize self-care.** Make a to-do list of self-care activities you can turn to when you’re feeling overwhelmed, fatigued, or simply need a “time-out.” Here are some ideas to get you started!

- Exercise
- Garden
- Sip a cup of tea
- Go for a walk
- Take a nap
- Call a friend
- Listen to music
- Meditate
- Do gentle yoga
- Make a healthy meal

**Stay consistent.** If practice makes perfect, then the more you practice stress management, the better you’ll cope with stress! So keep meditation, yoga, healthy eating and fitness in your daily routine, even if you only have 5 minutes. Every little bit counts!

**Explore various techniques.** Identifying how stress impacts you is the first step towards finding techniques to minimize and control your stress levels. Stiffness and muscle tension? Try gentle yoga! Trouble falling asleep? Create a bedtime regimen to calm down! Grokker’s programs and videos are designed by credentialed wellness Experts you can trust to help you turn the stress management techniques you learn into healthy habits!

**Think “holistic.”** Managing stress starts with maintaining a well-balanced lifestyle. Daily physical activity, healthy eating, minding your mental health, and sleeping well are all part of the interconnected web of wellbeing. When you focus on wellbeing holistically, you’re focusing on what you need to feel your very best, both body and mind.
COMBATTING STRESS
Grokker programs to help you rise above everyday stressors!