



American Heart Association®

Healthy for Good™

STOP STRESS IN ITS TRACKS

EAT SMART. MOVE MORE. BE WELL.

TRY THESE TIPS TO GET OUT OF STRESS FAST.

1. Count to 10 before you speak or react.
2. Take a few slow, deep breaths until you feel your body unclench a bit.
3. Go for a walk, even if it's just to the restroom and back. It can help break the tension and give you a chance to think things through.
4. Try a quick meditation or prayer to get some perspective.
5. If it's not urgent, sleep on it and respond tomorrow. This works especially well for stressful emails and social media trolls.
6. Walk away from the situation for a while, and handle it later once things have calmed down.
7. Break down big problems into smaller parts. Take one step at a time instead of trying to tackle everything at once.
8. Chill out with music or an inspiration podcast to help you rage less on the road.
9. Take a break to pet a dog, hug a loved one or help someone out.
10. Work out or do something active. Exercise is one of the best antidotes for stress.

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