Everyday ways to ease your worries

Everyone gets overwhelmed sometimes. But too much stress can be hard on your health – so it’s important to find ways to offset those negative effects. These healthy habits can help you stay cool under pressure, even when you’re pressed for time.

**Sweat more, stress less**  
Symptoms of stress can create a vicious cycle between your mind and body. Exercise helps to break this cycle by relieving tension and releasing feel-good brain chemicals that fight the effects of stress.

**Take a break to breathe**  
When stress strikes, try a few minutes of deep breathing. Breathe in for a count of 5, hold for 5, and exhale for 5. Repeat 10 times or until you start feeling more calm, grounded, and focused.

**Unplug to recharge**  
Your phone needs time to recharge, and so does your brain. Disconnecting from digital noise for a little while each day can help you stress less, sleep better, and spend time doing more rewarding activities.

Visit [kp.org/stressmanagement](http://kp.org/stressmanagement).