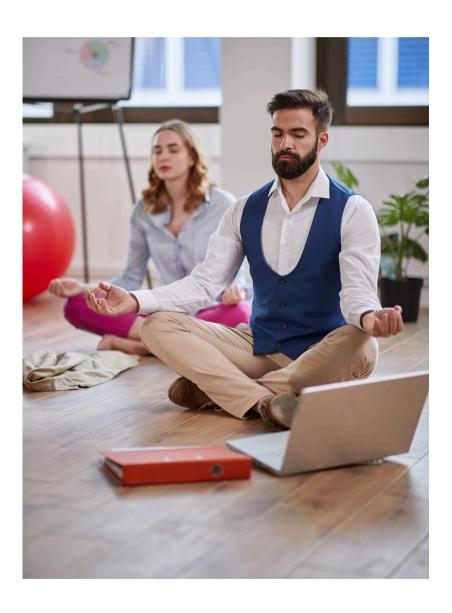# Living >> Well

Healthy Ways To Cope With Stress

- Keep a positive attitude.

- Try relaxation exercises such as deep breathing or meditation.

- Exercise regularly and eat healthy, well-balanced meals.

- Reduce alcohol consumption.

- Don't rely on alcohol, drugs, or compulsive behaviors to reduce stress.

- Learn to manage your time effectively.

- Make time for hobbies and interests.

- Seek social support.

- Connect with your community and faith-based organizations.

- Take a break from watching, listening to, or reading the news.

- Seek treatment with a psychologist or other mental health professional to learn more healthy ways of coping with the stress in your life.

Sources:
CDC.gov. Managing Stress. https://www.cdc.gov/mentalhealth/tools-resources/index.htm#cope-with-stress. Accessed 12/06/2024.
WebMD.com. Ways to Manage Stress. https://www.webmd.com/balance/stress-management/stress-management. Accessed 12/06/2024.
Image from Canva.com.