# STOP STRESS IN ITS TRACKS

**Everybody gets stressed sometimes. Do you have a plan for the next time your mental pedal is to the metal?**

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## 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 inspirational podcast to help you rage less on the road.*
9. *Take a break to pet the 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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