# 7 WAYS TO MANAGE STRESS

**1 GET MOVING!** Physical activity releases endorphins, which are chemicals in the brain that help boost your mood and lower stress levels," says Dr. Dr. Abu Gosh. Activities like walking, jogging, biking, or dancing can serve as a healthy outlet for tension. Whether you spend an hour at the gym or take a walk for 30 minutes, making sure your body moves can make all the difference. Even stretching or a quick walk around the block can help when you're feeling overwhelmed.

**2 EAT HEALTHY** A diet high in processed foods, sugar, and caffeine causes sluggishness and irritability, while whole, nutrient-rich foods stabilize mood and energy. Prioritize eating lean proteins, whole grains, fruits, and vegetables, and stay hydrated to prevent stress and fatigue.

**3 SET BOUNDARIES** Learning to say no when you're overwhelmed is an important part of stress management. Prioritize what's truly important and don't be afraid to set limits on work, social commitments, or obligations that drain your energy. Taking time for yourself is necessary for maintaining balance in your life.

**4 PRACTICE DEEP BREATHING** This can help you relax almost instantly by lowering your heart rate, reducing muscle tension, and making you feel more in control of your emotions. Find a quiet place, sit comfortably, and take a slow, deep breath in through your nose. Hold it for a few seconds, then exhale slowly through your mouth. Repeat this for a few minutes.

**5 LAUGH MORE** Laughter releases feel-good hormones and can reduce the level of stress hormones in your body. Lift your mood by watching a funny movie or video, calling a friend, or reading a funny book. Even if you don't feel like laughing, sometimes faking a chuckle can turn into the real thing and brighten your day.

**6 CONNECT WITH OTHERS** Humans are social beings, and spending time with others can help relieve stress. Whether it's a deep conversation with a close friend, a family game night, or simply texting someone who makes you smile, social connection is essential for emotional health.

**7 GET ENOUGH SLEEP** Your body needs time to recharge," says Dr. Abu Gosh. "When you're running on too little rest, your mood, focus, and energy suffer." Improve sleep quality by establishing a bedtime routine. Turn off screens, dim the lights and do something relaxing, like reading or stretching, before bed. Prioritizing sleep can make a noticeable difference in how you handle daily stressors.