

4 TIPS TO MANAGE STRESS

When you're under stress, do you:

- Eat to calm down?
- Drink alcohol or smoke?
- Sleep too little or too much?



Choose heart healthy ways to cope with stress. Next time, try these instead:

- Go on a walk to “cool down”
- Take a few slow, deep breaths
- Stick to healthy habits – cook your favorite healthy meal for dinner
- Spend time journaling or practicing mindfulness



This project is funded under a grant contract with the state of Tennessee.

