

+ STOP IN ITS STRESS TRACKS +

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



Developed by the American Heart Association and the American Medical Association for use in the "Release the Pressure" campaign. Learn more at [ReleaseThePressure.org](https://www.releasethepressure.org).



EAT SMART ADD COLOR MOVE MORE BE WELL



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.

©American Heart Association 2020

GET MORE WELLNESS TIPS AT
[HEART.ORG/HEALTHYFORGOOD](https://www.heart.org/healthyforgood)