



Manage Stress Feel Better



Move More

Experts recommend 30 minutes or more of movement for adults and 60 minutes for children on most days. Can't find a 30-minute chunk of time? Break it up into 10-minute blocks throughout the day.

Laugh a Little

Laughter can give us a more lighthearted perspective and help us view stressful difficulties as challenges. Laughter will also help you connect with others. By helping others around you learn to laugh more, you receive the benefits as well.



Manage Money

To reduce financial stress, keep daily receipts to monitor spending habits, develop a long-term plan to manage your money and consider consulting a professional or specialist to advise you.

Make Yourself a Priority

Take a few minutes each day to make yourself a priority. Use the time to do something you enjoy—read a book, go for a walk, spend time with friends or family, daydream, listen to your favorite music or some other activity that is important to you.

Visit [Eat Smart Move More NC](http://www.eatsmartmovemorenc.com) for more information.



<http://www.eatsmartmovemorenc.com/ManageStress/ManageStress.html>