Who’s Got Stress?
10 Tips for Reducing and Managing Stress
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1. Recognize what stress is.
2. Identify today’s stressors.
3. Understand the impact of stress on you.
4. Identify personal stressors.
5. Become aware of personal stress symptoms.
6. Deal with the stress!
7. Remove the stressor.
8. Change your attitude or reaction to the stress.
9. Counteract the negative effects of stress.