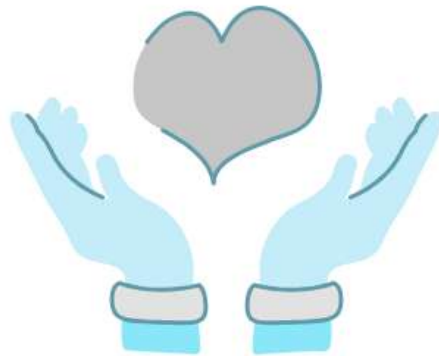


*Feeling overwhelmed
with studies, work, or life
transitions? Is stress is
becoming an everyday
struggle?*



5 WAYS TO Manage *your Stress*





Acknowledge your feelings

It's okay to feel stressed. Name your emotions and write them down.

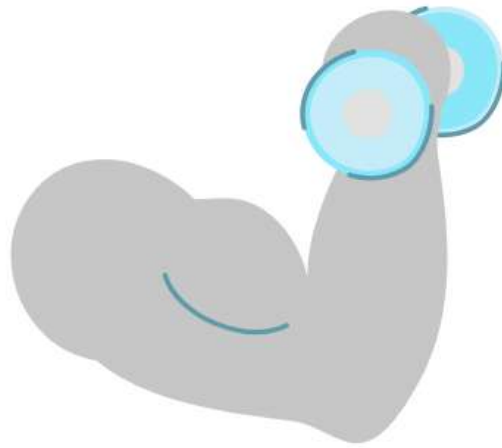




Stay Connected

Talk to a friend, family member, or professional. You're not alone! ❤️

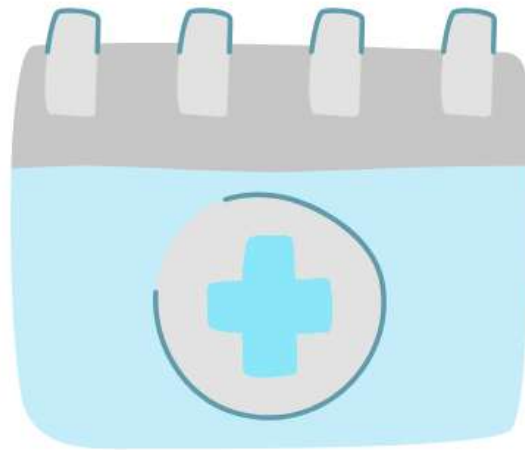




Get Regular Exercise

Physical activity releases endorphins that boost your mood. Aim for at least 30 minutes a day. Including walking or simple aerobics.

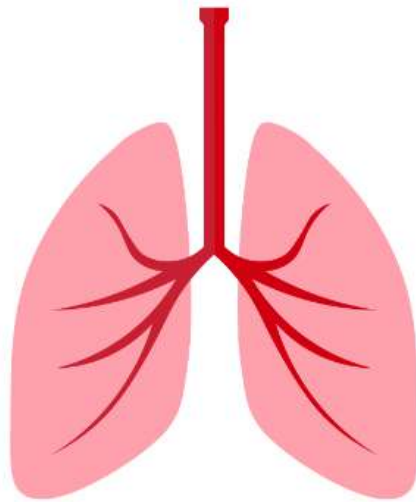




Maintain a Healthy Sleep Schedule

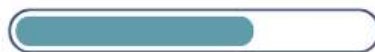
Consistent, quality sleep is crucial for mental health. Aim for 7-9 hours each night.





Try the 4-7-8 Breathing Technique

Inhale for 4 secs, hold for 7, exhale for 8. Repeat 4 times to calm your nervous system.our life.



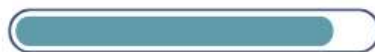


Seek Professional Help

If you're struggling, don't hesitate to seek help from a mental health professional. You can DM for sessions.



*Take care of your mind just
as you would your body.
Prioritize mental health and
live a happier life.*





For more engaging health-related content, don't forget to follow and share our posts.

