

# 10 Tactics for a less-stressed lifestyle



- 1** Develop a realistic, positive attitude. Accept the things you can't change.
- 2** Simplify your schedule to allow more time for daily commitments and tasks.
- 3** Avoid clutter.
- 4** Exercise regularly. Aim for 30 minutes a day, five days a week.
- 5** Eat right. Foods high in protein, vitamin C, B vitamins, and vitamin A protect us from the effects of stress.
- 6** Get 7-9 hours of sleep each night.
- 7** Take time for yourself each day.
- 8** Develop a support network of people you can count on for help.
- 9** Avoid using drugs, alcohol, or tobacco to cure stress. Sleeping pills should be used only a doctor's care.
- 10** Talk things out. Don't hold in feelings of anger, joy, hurt, sadness, and excitement. If necessary, seek help from a counselor or therapist.