

POSITIVE OUTLOOK.

- Positive thinking is a powerful healing tool.
- Try not to worry about things that are out of your control.

ASK YOUR DOCTOR FOR SOME RELAXATION TECHNIQUES.

- These can often be done periodically throughout your day in a short amount of time.

ESTABLISH A ROUTINE.

- If you are able, determine how much exercise you can do and do it on a regular basis.
- Regular exercise, even if limited, is better than no exercise and the more fit your body, the better defense you have against stress.
- Check with your doctor before establishing your exercise routine.

EXERCISE

KEEP POSITIVE

RELAX

STAY HEALTHY

TAKE CARE OF YOURSELF.

- Eat balanced meals and healthy snacks
- Avoid drugs or alcohol to reduce stress.

COPING MECHANISMS