

The background of the entire page is a photograph of a sky filled with white, fluffy clouds. The image is tinted with a teal or cyan color, giving it a serene and calming appearance. The clouds are scattered across the frame, with some appearing more dense and others more wispy.

*Susan
Salenger*

FIVE STRESS TIPS

5 tips to help reduce stress.

STRESS TIPS FROM SUSAN SALENGER

SOME STRESS IS GOOD FOR YOU! (REALLY!)

Good stress is short-lived, it's not chronic. Good stress is when you're excited about something - a nice date or a birthday party for example, or when you take a risk and try something new. There's no threat or fear.

Not so good stress lives longer - you feel nervous, anxious, unable to focus, even confused. Not so good stress can be harmful to your health. Chronic stress can cause headaches, insomnia, weight gain, anxiety, pain and high blood pressure.

HERE'S HOW TO DESTRESS ABOUT STRESS:

- 01 Identify the source of your stress and consider how you respond to it. Stress can be informative.
- 02 Realize we generally get stressed about things we care about. Caring is a positive.
- 03 Use your stress. No need to dodge the unpleasantness or procrastinate, freak or check out. Instead, use the energy the stress gives you to help get the job done. Become proactive and you'll feel in control, hopeful, connected and resilient.
- 04 Remember that stress can clarify and enhance. Stress is like a memo from you to you that something needs to be addressed.
- 05 Read a good book!

All humans are made to withstand stress.
Change your mindset and feel better!

Susan Salenger

@SUSANSALENGER
SUSANSALENGER.COM

