How to Stress Less

Always
- Planning
- Breaks
- Time
- Spend
- Break
- Small
- Chunks
- into
- Goals
- Clarify
- Priorities

Positive
- Breathing
- Deep
- Time
- Good
- Getting
- Organized
- Management

Practice
- Thinking
- Exercising
- Time
- Walking
- Nature
- Simplifying
- Life

Avoid
- Pessimism
- Perfectionism
- Procrastination
- Smoking
- Multitasking
- Stressful
- People
- Little
- Things

Spend
- Alcohol
- Committing
- Over
- Stressing
- Over
- Delegating
- Responsibility
- Eating
- Time
- Healthy

Gratitude
- Meditation
- Time

Cite:
“Adopting the right attitude can convert a negative stress into a positive one.” ~ Hans Selye