

FEELING STRESSED?

Remember NERF - good "N"utrition, regular "E"xercise, adequate "R"est, and a daily dose of "F"un! Also:

- Be realistic in your expectations and goal-setting.
- Remember you are human and none of us is perfect.
- Try meditating - five minutes can ease the tension in your body and mind.
- Take on a hobby that you enjoy and gives you a break from your worries.
- Share your feelings with family and friends. Don't try to cope alone.
- Occasionally, give in. Be flexible.