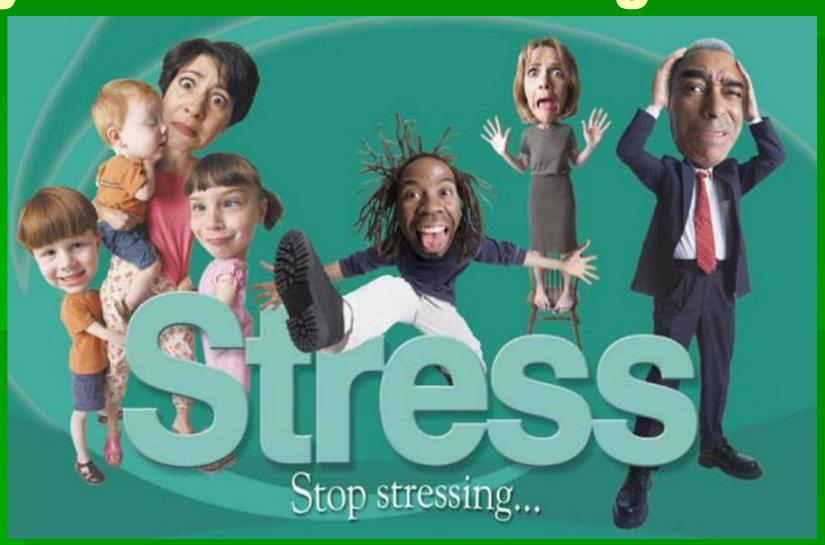
# How to deal with stress?

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## if you stress and you badly, you need the following items:



1. Immediately after the stressful situation:

Stand up, try to relax clenched hands, clenched teeth, unbutton the buttons at the neck, massage tense neck.

So wait a while. Feel how hard your body, and stamp your foot firmly and confidently.

Say to yourself: "I'm standing here, this is my territory!". So you restore a sense of solid ground under their feet and be able to confidently continue to operate.

### 2. Bedtime prepare yourself aromatic bath:

Mix 5-6 drops of essential oil of lavender or melissa bubble bath. The resulting mixture pour into the water of comfort temperature. Soak for 20 minutes so.



#### 3. Pamper yourself

Eat chocolate, buy a bouquet of flowers, go to the masseur or read a book. Give yourself a break



#### Every day:

4. Not to be nervous and sleep well, it is recommended: 1 tbsp honey and squeezed juice of ½

lemon dissolved in a glass of mineral water and drink in the morning before breakfast.



#### Laugh! Smile!

The ability to see the humor in their own difficulties - the best way to change the attitude

towards the problem.



- 1. How often do you have stress?
- 2. What causes you stress
- 3. Whether you use these methods in their lives?
- 4. What a way to relieve stress you liked?