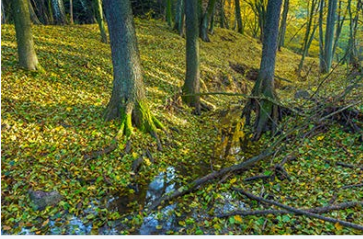


Behavioral methods to fight stress

Keep in touch with nature



Fragrant fresh forest and singing birds can provide you with energy, which you will not get from a concrete settlements.

Have time for yourself



Take a pleasure, something that you like best. Turn off the phone, sit comfortably in a chair or go for a walk.

Use relaxation techniques



This can be yoga, meditation or simple breath control. It will make you feel tranquil and calm.

Laugh



Everybody knows that laughter is the best medicine!

Have good relationship with friends and family



Positive relationships with friends and family give you joy, health and are the source of support. Strong relationships need good communication. Always have time for regular talks about important things. Talk about your emotions.

Ask yourself how often do you tell positive or constructive things when you talk to your partner, relatives or friend and how often you are mean or say harmful things.

Talk to somebody who can listen



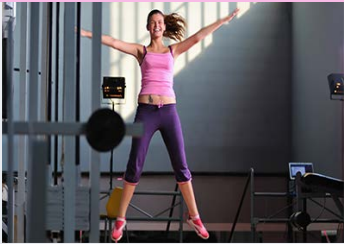
Do not pretend that you cannot be wrong and that you have no weaknesses. Let others help you.

If you have trouble talking to others write it down



Write down and describe your ideas and problems. Often it will make the problem to seem smaller.

Do sports



Exercise is a better way of taming stress than worrying about what might happen.

Learn to manage you time



Make a plan for the day or even week and a list of things that you have to attend to urgently. Organize a good place to work.

Define realistic goals



Determine what you want to achieve and in what time. Make a plan of action, but do not be too demanding for themselves.

Do not be a perfectionist



Everyone makes mistakes. You do not have to do everything flawlessly. Be tolerant to yourself.