



## Ways to stress less

While we can't get rid of stress completely, we do have ways to get ahead of it and learn to control it before it controls us. Learn to recognize stressful situations and build positive coping strategies for life's many ups and downs.



### Take a moment to breathe

When stress strikes, try a few minutes of deep breathing. Breathe in for a count of 5, hold for 5, and exhale for 5. Repeat 10 times or until you start feeling more calm, grounded, and focused.



### Recognize stress

Stress comes in different forms, from minor issues to major conflicts. Whether it's balancing work and personal life, staying organized, or seeking support, [we can help](#).



### Sweat stress away

Exercise is a great way to combat stress. Getting active relieves tension in your body and releases feel-good brain chemicals that fight the effects of stress.



Learn more strategies to deal with stress.  
Scan the QR code or visit [kp.org/stressmanagement](https://kp.org/stressmanagement) to get started.

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