



If you have trouble coping with stress, talk with your doctor about treatment options. Don't wait too long before seeking help or you risk a stress pile-up that can be hard to recover from.

To curb stress in your life, stay positive:

- Set realistic expectations for your day.
- Pinpoint the concrete reason for your frustration and address it immediately.
- Write down or recite three things you are grateful for.
- Choose **not** to be a victim of your frustration.
- Make a conscious effort to stay positive.
- Avoid negative thinkers!
- Note what you accomplished at the end of the day instead of what you failed to get done.



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