



# Healthy ways to handle stress

Stress is part of life. Even life's successes – getting a new place, having a child, landing that promotion – can be overwhelming. Protect your mental and physical health by learning healthy ways to cope, including asking for help when you need it.

## Take a moment

When you feel overwhelmed, take a moment. Breathe in for a count of 5, hold for 5, and exhale for 5. Have more time? Put on a favorite song, take a break, or do something that makes you laugh.

## Walk away from stress

Being active relaxes your muscles and makes you feel less stressed. So take a walk, do yoga, or sweat it out in a pick-up game. Exercise also helps you sleep, increasing your resilience throughout the day.

## Connect with others

Frequently feeling stressed can damage your physical and mental health. To live your best life, make time to connect with those close to you, talk about how you feel, and reach out for support when you need it.

Visit [kp.org/stressmanagement](http://kp.org/stressmanagement) for more tips and tools for managing stress.

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