

# 6 THINGS TO HELP WITH STRESS

Connect with your community – or faith – based organizations – social media or by phone.



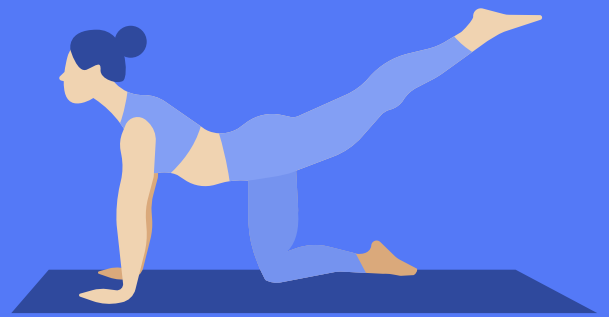
Take breaks from watching, reading, or listening to news stories, including those on social media.



Connect with others – Talk with people you trust about your concerns and how you are feeling.



Engage in physical activities like exercise.



Make time to unwind – Try to do some activities you enjoy.



Get plenty of sleep.



If you need more help visit our website

[BUSINESSWORKFORCERECOVERY.COM](https://www.businessworkforcerecovery.com)

