TO HELP MANAGE STRESS:

- **Get enough sleep.** Adults need 7 or more hours each night, school-age kids need 9–12, and teens need 8–10.
- **Exercise regularly.** Just 30 minutes a day of walking can boost mood and reduce stress.
- **Build a social support network.**
- **Set priorities.** Decide what must get done and what can wait. Say no to new tasks if they are putting you into overload.
- **Show compassion for yourself.** Note what you’ve accomplished at the end of the day, not what you didn’t.
- **Schedule regular times for a relaxing activity that uses mindfulness/breathing exercises,** like yoga or tai chi.
- **Seek help.** Talk to a mental health professional if you feel unable to cope, have suicidal thoughts, or use drugs or alcohol to cope.

**REDUCE STRESS**

Everyone feels stressed from time to time. Stress can give you a rush of energy when it’s needed most. But if stress lasts a long time—a condition known as chronic stress—those “high alert” changes become harmful rather than helpful. Learning healthy ways to cope with stress can also boost your resilience.

**Emotional wellness** is the ability to successfully handle life’s stresses and adapt to change and difficult times. Here are tips for improving your emotional health:

For other wellness topics, please visit [www.nih.gov/wellnesstoolkits](http://www.nih.gov/wellnesstoolkits)