



When something isn't going right, look for what is wrong not who is wrong, and how everyone can help make it better

STRESS RELIEVERS

- **Relaxation – break the stress cycle with frequent stress breaks throughout the day – stretch, take a walk, deep breathing**
- **Eat three nutritional meals a day**
- **Eat healthy snacks**
- **Get enough sleep – at least 7 hours**

Human Resource Specialist