

6 Ways to Reduce Stress

by @inner_drive | www.innerdrive.co.uk

- 1 Remove uncertainty**
How is this similar to what you have done before?
- 2 Be proactive**
What can you do to improve the situation?
- 3 Reframing**
View the task as an opportunity not a threat.
- 4 Best case scenario**
Focus on what you stand to gain, not what you stand to lose.
- 5 Get a good night's sleep**
It's the way the brain works, everything seems worse when you are really tired.
- 6 Talk to someone**
Don't struggle in silence.



Refresh Your Life Getting Relief From Stress

Gregory L. Jantz Ph.D.



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