Improving Household Nutrition Security and Public Health in CARICOM

1. **Work out or do something active**

2. **Take a break to pet the dog, hug a loved one or do something to help someone else.**

3. **Turn on some chill music or an inspirational podcast to help you deal with road rage.**

4. **Break down big problems into smaller parts. Take one step at a time.**

5. **Try a quick meditation or prayer to get some perspective.**

6. **Count to 10 before you speak or react. Take a few slow, deep breaths until you feel your body un-clench a bit.**