



- 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.**

Healthy Ways to Cope with Stress

PARTNERS



University of Technology, Jamaica
Excellence Through Knowledge



UNIVERSITY OF
CAMBRIDGE



IDRC • CRDI

International Development Research Centre
Centre de recherches pour le développement international

Canada