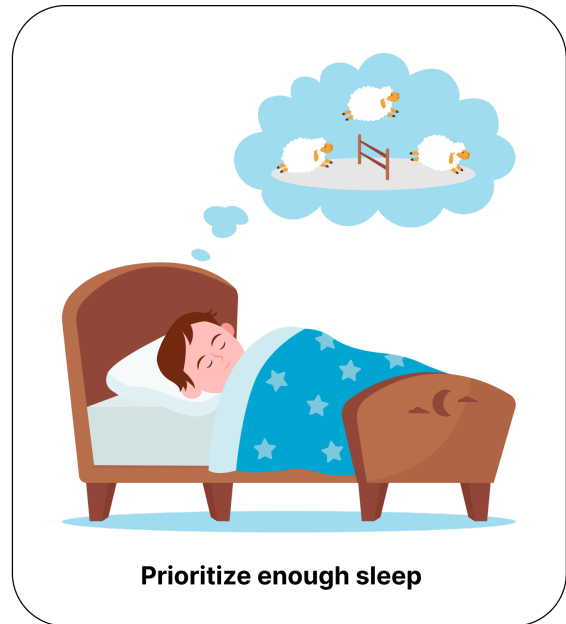
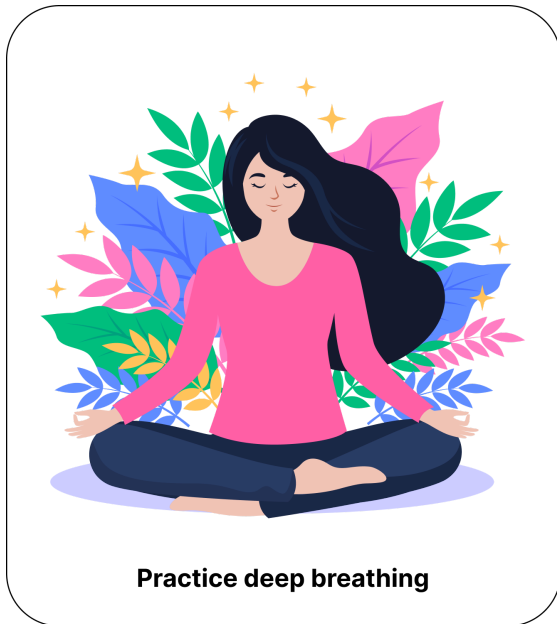


Healthy Coping Strategies for Stress Handout

Stress is part of our lives. However, it doesn't mean that there isn't something we can do about it. Here are some healthy ways to cope with stress.

Illustrations designed by [Freepik](#)





Build social support networks



Practice relaxation exercises



Engage in leisure activities



Maintain a healthy diet



Practice positive thinking



Focus on proactive coping