

LOSE THE STRESS

Life can bring different levels of stress. Excessive stress affects not only your health, but can also interfere with productivity and concentration at work. Deep-breathing exercises can reduce anxiety, decrease feelings of stress, and even increase energy levels. So the next time you're feeling worked up, take a minute to cool down. Inhale slowly through your nose for a count of four, and then exhale for a count of four. It's that easy.

LEARN MORE WAYS TO HANDLE STRESS AT
[HEALTHYDELAWARE.ORG/WORKPLACE](https://www.health.delaware.org/workplace).