

Tips for Managing Stress

Mental Strategies

- Don't sweat the small stuff
- Don't run misfortunes over and over in your head
- Change your perception

Physical Strategies

- Take mini-stretch breaks often
- Practice deep breathing
- Take a mental vacation
- Favorite photos of kids
- Favorite vacation spot:
Hawaii, Lake Tahoe, etc.

Life Strategies

- Get up 15 minutes earlier
- Limit the TV watching
- Don't "Should" on me!
- Positive self-talk
- Have a friend
- Limit sugar, caffeine and alcohol

For More Information

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Keenan's Loss Control services promote safety awareness, and assist in the identification of conditions which may pose a risk of injury. We do not suggest that following our recommendations will eliminate all risk of injury or will result in improved loss experience.