TEN STEP STRESS SOLUTION

1. **Prioritize Your Health**

2. **Get 8 Hours of Sleep**

3. **Practice Deep Breathing**

4. **Drink 6-8 Glasses of Water Daily**

5. **Eat for Wellbeing**

6. **Take a Walk Everyday**

7. **Adopt a Positive Mindset**

8. **Master Your Time**

9. **Put Your Technology Down**

10. **Learn to Say No**

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