The 7 E's to De-Stress

**Exercise:** Maintain a fitness routine.

**Energize:** Get at least 6 to 8 hours of sleep every day.

**Eat:** Maintain a healthy diet and avoid abusing addictive substances.

**Engage:** Spend quality time with friends and family on a regular basis.

**Explore:** Visit museums, create art projects or start a journal.

**Enjoy:** Discover new hobbies or activities

**Express:** Talk, laugh, cry, and express anger when appropriate.