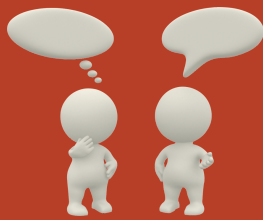


4 TIPS TO DEAL WITH THE STRESS

Share Emotions, feelings and concerns



Speaking with people close to you is fundamental as an approach and helps in the search for solutions.

Learn to Relax



Use relaxation techniques, through flexibility exercises combined with breathing techniques creating a "relaxation response".

Day daily time for ourselves



At least 30 m to 1 h must be time only and exclusively for your hobbies. If you have no hobbies, try going for a walk!

Sleep at least 8 hours



Longer sleep has been shown to improve many aspects of your life and reduce the stress.