

INNOVA CENTRE

for Counselling & Psychotherapy

Tips to Manage Stress

- ~ Build up a support group of positive influencers
 - ~ Keep yourself fit and healthy
 - ~ Take time out for yourself every day
 - ~ Immerse yourself in a hobby
- ~ Eat a healthy diet; no drinking, no smoking
- ~ Sleep soundly at least 7 - 8 hours nightly
 - ~ Learn some relaxation exercises

Need more help? Email us or give us a call
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