



Let's **STRESS** **LESS**

FROM ARCC COUNSELING SERVICES



We can manage our stress better when we are taking care of ourselves. Check out this [article](#) on self-care to get started.



SPREAD KINDNESS

Acts of kindness boost out mood, make us feel grateful, and benefit others. What can you do to spread kindness today? Click [here](#) for some ideas.



EAT TO REDUCE STRESS?



Cooking will nourish your body and take your mind off your stress. Check out what [foods](#) will help fight stress.



TIPS TO STRESS LESS

Call a friend
Color
Take a bath
Play

Wear something comfy
Slow down
Compliment yourself
Journal
Listen to music

