

# 5 Minute Stress Busters

FROM MARCOTTE PT



## Take a walk

Taking a short walk can help to physically and mentally move you away from your stress so that you can start fresh when you return.



## Stretch

Stretching can help the tense parts of the body to loosen and relax.



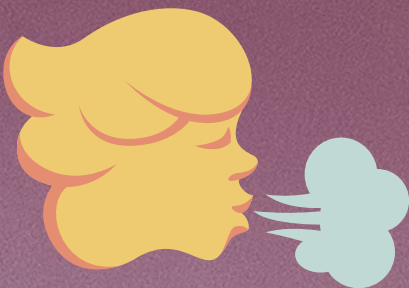
## Drink some water

Taking care of physical needs can help to improve mood.



## Have a healthy snack

A healthy snack can give you the vitamin boost you need to help you power through your day.



## Take deep breaths

Deep breaths help the body to relax and the mind to reset itself.

For more information, visit

APA: [Stress effects on the body](#)

NIMH: [5 things you should know about stress](#)

NIH: [Stress](#)