Beat Stress in

Minutes or Less

Wake up early

An extra 15 minutes in the morning can reduce frazzled nerves and give you time to plan for the day.

Take a break

A brisk 15 minute walk can clear your mind and renew your energy.

Clean your workspace

Visible organization often leads to emotional organization. Plus you'll spend less time searching for misplaced files.

Relax your muscles

Tense each muscle group for five seconds, then release.





The CareFirst BlueCross BlueShield family of health care plans

Source: Health. "13 Ways to Beat Stress in 15 Minutes or Less." Accessed May 6, 2015. http://www.health.com/health/gallery/0,,20843057,00.html

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