



Tips To Manage Stress

From Samantha

1. Have a self care routine to start everyday at work.
2. Create pop up reminders to stretch and take breaks
3. Pack healthy snacks, keep a desk pantry, hydrate
4. Learn several ways to breathe in and breathe out
5. Create Zen windows.
6. Check with yourself often.
7. Connect to the earth twice a day.
8. Laugh often even if it's at your imperfection.
9. Cultivate a practice and perspective
10. Ask for help

When you get home:

11. Spend time in nature and in silence
12. Unplug for a day or a week end
13. Live with gratitude
14. Gaze at the stars and dance in the moonlight

Samantha Reslock MHSA

Project Manager

Kaiser Permanente Employee Wellness

Suite 21 Services Support Bldg.

401 Bicentennial Way

Santa Rosa, CA 95403

707-393-3246/8-533-3246

Samantha.Reslock@kp.org

Self Care is the essential foundation in your Life of Service™