



# Tips To Manage Stress

*From Karen*

1. Exercise or Movement – Especially the type you enjoy
2. Eat Well
3. Sleep- 6-8 hours a night
4. Meditate/Breathing Techniques
5. Incorporate Energy Fuelers into your life
6. Remove Energy Drainers
7. Meditate/Pray/Imagery Techniques
8. Set Smart Goals
9. Do the Wellness inventory
10. Clarify your values, mission and sense of purpose.
11. What are your priorities?
12. Schedule the things that matter the most into your life.
13. Build time buffers into your schedule between events and functions to reduce time stress.

## Resources:

[www.kp.org](http://www.kp.org), [www.kaisersantarosa.org](http://www.kaisersantarosa.org),  
[www.kaisersantarosa.org/relaxation](http://www.kaisersantarosa.org/relaxation)

### **Karen L Hansen**

Health Educator Employee Wellness  
Kaiser Permanente, Santa Rosa  
401 Bicentennial Way  
Santa Rosa, CA 95403  
Phone: (707) 393-4142  
karen.l.hansen@kp.org