

STRESS MANAGEMENT TIPS

ORLANDO
HEALTH®

Physician Wellness and
Resilience Program



GET ENOUGH REST

8-10 hours of sleep can help you to reduce stress and recharge

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EAT HEALTHY

Make sure to choose well-balanced meals and always have healthy snacks on hand

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EXERCISE

Engaging in physical activity is proven to reduce stress

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CONNECT WITH OTHERS

Spending time and talking to family and friends can help to relieve stress and worry