



Coping with Stress

Have you ever set a goal to improve your health but found it was tough to stick to? Try this quick tip to set and achieve your health goals:

Learn to say no.

Know your limits and stick to them. Be honest with people—most of them will understand.

Want more?

You'll find more stress-busting tips at **[PacificSource.com/Stress](https://www.pacificsource.com/Stress)**.

