



## Coping with **Stress**

If your methods for coping with stress aren't contributing to your greater emotional and physical health, it's time to find healthier ones. The next time you feel stressed, try this:

### 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)**.