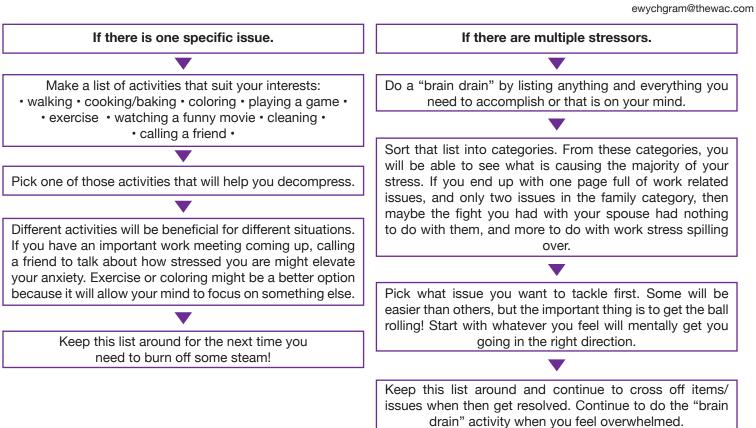


STRESS MANAGEMENT GUIDE

Before we can manage stress, we need to understand what exactly is causing it. There are many different ways to identify stress. Making a list of potential stressors is a great place to start. Another good option is to talk things over with someone to help identify your emotions or issues. Once you have recognized what is causing the stress, take these steps to help manage it.



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Visit www.thewac.com/wellnesscoaching for more information on our Wellness Program and Coaches.

