MASTER STRESS

M: Maintain healthy eating
A: Avoid social isolation
S: Stay informed, not obsessed
T: Talk to others
E: Engage in mindfulness
R: Relax, play, exercise
S: Start journaling
T: Take deep breaths
R: Rest and sleep well
E: Engage in gratitude
S: Step outside into nature
S: Seek support from friends, family, and professionals*

*NIH Professional Resources
Employee Assistance Program (EAP), 301-496-3164
Office of Intramural Training & Education, oite-wellness@nih.gov
Wellness@NIH, wellnessatnih.ors.nih.gov