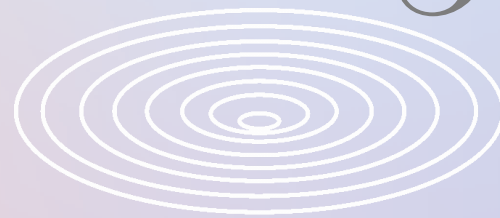



# 4-7-8 breath

- inhale for four seconds
- hold for seven seconds
- exhale for eight seconds



# pomodoro technique

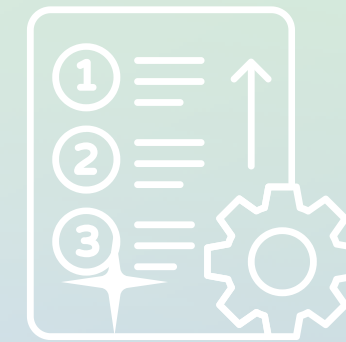
- work for 25 minutes 
- break for 5 minutes 
- set timers for each interval

# organize & prioritize

- create to-do lists



- set clear priorities



- task breakdown: small & more manageable steps



# maintain healthy habits

- don't neglect physical health ✨
- get enough sleep ✨
- eat balanced meals ✨
- engage in regular physical activity ✨



# relaxing workspace

- personalize your workspace
- decorate with personal items that make you feel at ease
- keep area tidy and well organized to help reduce stress

