

Talk to a trusted friend, family member, or therapist about your feelings. Connect with colleagues or peers for social support and empathy.

> Practice mindfulness techniques to stay present and reduce stress. Engage in activities that promote relaxation and mental clarity.

Reflect on your goals, values, and priorities to ensure alignment with well-being. Make adjustments to your goals or career path if necessary to reduce stress.

Take regular breaks throughout the day to rest and recharge. Schedule vacations or time off to disconnect from work and rejuvenate.

Cultivate supportive relationships with coworkers and supervisors. Collaborate and communicate effectively to reduce workplace stressors.