



Prevent and Reduce Stress Coloring Book: Calm Your Mind and Relax Your Body Adult Coloring Book

Margaret Sera

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We all respond to stress differently so, there's no "one size fits all" solution to managing stress. But if you feel like the stress in your life is out of control, it's time to take action. **Stress management can teach you healthier ways to cope with stress, help you reduce its harmful effects, and prevent stress from spiraling out of control again in the future.** No matter how powerless you may feel in the face of stress, you still have control over your lifestyle, thoughts, emotions, and the way you deal with problems. Stress management involves changing the stressful situation when you can, changing your reaction when you can't, taking care of yourself, and making time for rest and relaxation. **The first step is to recognize the true sources of stress in your life.**

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