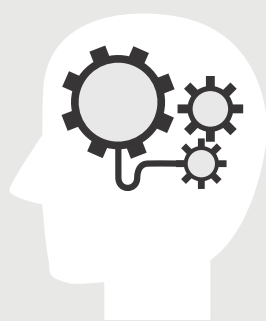


HOW TO MANAGE YOUR STRESS ON A DAILY BASIS

THE
PROFIT
Club

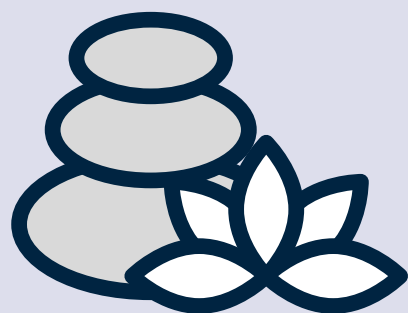
STRESS FACTORS



The sources of stress can come from both you and your environment. You must first identify them in order to better anticipate them and limit their harmful effect!

LET GO!

You have to accept that certain elements cannot be controlled and learn to let go. It is better to focus your energy on what you can change, and what is positive around you.



PHYSICAL ACTIVITY



There is nothing better to release your stress than physical activity, no matter how short it is! When you feel stress invading you, move!! It will help clear your mind and restore your calm and peace of mind. A "must" to integrate into your daily routine.

POSITIVE ATTITUDE

Having a good attitude in general is the best tool against stress. Indeed, stress is often caused by a negative perception that you have of a situation, and being more positive will certainly help you to better react to stress.



STRESS: YOUR ALLY



Although stress is often perceived negatively, know that it can also be your ally when you know how to manage it. In fact, in addition to motivating you, it will give you the “boost” of energy that you need to perform and excel in everything you do. It is worth being tamed!