



Stress less: 3 helpful tips

Teladoc's licensed therapists are available seven days a week. Choose your therapist, pick a time that is convenient for you, and then talk to the therapist from the privacy of home or anywhere you feel comfortable.

Here are some simple ways to reduce stress that may work for you.

1

Put yourself first

Get plenty of sleep, maintain a healthy diet, and exercise frequently. Meditation can give you peace of mind and a healthy perspective.

2

Assess your stress

Identify stressors and how you react to them. If anything is out of your control, alter your response to it. Take periodic breaks from the daily grind to recharge your mind.

3

Rely on relationships

Family and friends can be invaluable in difficult times, whether offering advice or just listening.

Get confidential therapy quickly and conveniently

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