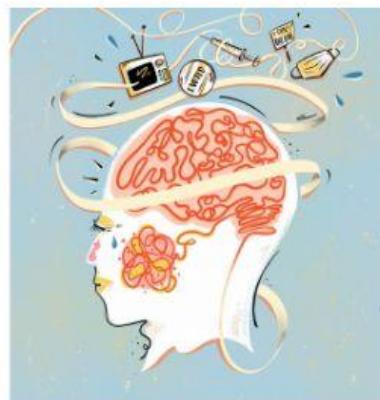


Reading Match headings

Headings:

- A. Taking breaks
- B. Connecting with others
- C. Gratitude practice
- D. Mindfulness and its benefits
- E. Limiting caffeine and sugar intake
- F. Seeking professional help
- G. Benefits of exercise
- H. Importance of sleep



Text:

Ways to Stay Calm

Stress is an inevitable part of life, but it doesn't have to consume you. Here are some effective ways to stay calm in the midst of chaos:

1 Practice _____: Mindfulness is a powerful tool that can help you stay calm and centered. Focus on your breath and try to keep your thoughts in the present moment. If your mind wanders, gently bring it back to the breath.

2 _____: If you're feeling overwhelmed or struggling with your mental health, it's important to seek professional help. Don't hesitate to reach out to a therapist or mental health professional for support.



3 _____: Exercise is a great way to reduce stress and improve your overall mood. Even a short walk can help you feel more relaxed

and focused.

4 _____: Caffeine and sugar can increase feelings of anxiety and stress. Try to limit your intake of these substances and opt for healthier alternatives, such as herbal tea or fruit.

5 _____: Sleep is crucial for our physical and mental well-being. Try to get at least 7-8 hours of sleep each night, and create a calming bedtime routine to help you wind down.



6 _____: Talking to others and sharing your feelings can be a great way to reduce stress and feel more connected. Reach out to friends and family, or consider joining a support group.

7 _____: It's important to take breaks throughout the day to recharge your batteries. Try to take a 10-minute break every hour to stretch, breathe, or simply relax.

8 _____: Gratitude can help shift your focus from negative thoughts to positive ones. Take time each day to think about what you're grateful for, and write it down in a journal if possible.



By incorporating these strategies into your daily routine, you can learn to manage stress and stay calm even in the most challenging situations.