

Learning to decrease stress is an important part of life and helps to deal with other emotions such as grief, so here are some suggestions:

**35%** - decrease stress by writing down thoughts and feelings.

**35%** - decrease stress by talking into a recorder. Listening to the recordings decreased stress by another 5%.

**25%** - decrease stress by exercise, for example walking the equivalency of a kilometer a day.

**50%** - decrease stress by talking and sharing with people who don't judge or advise.