

Dream BIG...



worry *small.*

How Do You Cope With STRESS?

Tools to De-STRESS

- Leave your job stress at work.
- Focus on the here and now, you can't change the past.
- Take care of yourself, don't do more than you can handle.
- Talk with someone when you're stressed out.
- Enjoy stress reducing activities:

Meditation

Exercise

Laughter

Music

Massage

FOR MORE INFORMATION, GO TO:
MXFATIGUE.COM OR HFSKYWAY.FAA.GOV



Federal Aviation
Administration