



# STRESS Less

with Fusco Personnel Inc.

Stress. Don't you just hate that word? It's impossible to avoid and sometimes even harder to relieve. We go about our business each day and somehow it creeps its way right in without invitation. It effects your life, your relationships and your overall health. We want to see you smile when we send you to an interview, not gritting your teeth and pulling out your hair. So in hopes of making your day a little easier and lifting that tension in between those shoulders, your team at Fusco has put together a list of their own personal ways of decreasing stress and living an overall happier and healthier life.

- Go to the movies.
- Read.
- Spend time with friends.
- Go shopping.
- Play an instrument.
- End the day with a song you like to sing or listen to. 🎵
- Take deep breaths.
- Go for a walk outside.
- Exercise.
- Pin on Pinterest.
- Take a nap.
- Scream. That's right, scream your heart out.
- Hug someone you love.
- Close your eyes and sit in silence.
- Play a game.



Follow us

