

## 10 Ways to Manage Stress

- Take 5 slow, deep breaths
- Focus on relaxing your body
- Stretch
- Visualize a relaxing scene
- Take a walk or exercise
- Take a break
- Talk to a friend
- Meditate
- Set limits & say no
- Eat healthy foods & drink water



Faculty & Staff Assistance Program  
(FSAP)  
Department of Human Resources  
Georgetown University  
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## FSAP Services Include FREE...

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**Help When You Need It Most.**



Contact our office:  
1300-A 36th Street, NW  
Washington, DC 20007  
(202) 687-2409

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