

TOP TIP

Learn to react to stress in a healthy way - here are three steps to help you:

1. Eat a healthy diet, get regular exercise and plenty of sleep.
2. Practice relaxation techniques such as yoga, deep breathing, massage or meditation.
3. Take time for hobbies, such as reading, listening to music or watching your favourite series.



FOR FREE DIETARY ADVICE,

contact the Pick n Pay dietitian at healthhotline@pnp.co.za