

(Wellness coach Adam Michael Brewer outside)

(Adam Michael Brewer) Take a breath. It's time to relax. I know, easier said than done, but letting stress go unchecked for too long may lead to health issues like high blood pressure, diabetes, and even heart disease. (Hand writing on a sticky note pad) (Adam Michael Brewer voice-over) So what do you do? Prioritize. (Use a to-do list to prioritize your work) (Adam Michael Brewer voice-over) Take a moment to list your tasks in order of importance. Write it down on paper. Use your smart phone. (Adam Michael Brewer) With your to-do list, you'll be able to see what you need to accomplish and have a road map to get you there. (Person swimming laps in pool) (Adam Michael Brewer voice-over) Another one of my favorite ways to decompress is exercise. (Woman running on treadmill) (Adam Michael Brewer voice-over) Getting your heart pumping with regular aerobic exercise... (People on exercise machines) (Adam Michael Brewer voice-over)...in just 30 minutes a day, may help boost mood and relieve stress. (Adam Michael Brewer) And don't think you have to stick to treadmills and ellipticals.