

Simple stress solutions

Aviva Wellbeing



Hey Joe,

It's Stress Awareness Month so we are bringing you several ways to relax your mind! From something as simple as laughter or cardio to more in-depth methods like an introduction to cognitive behavioural therapy.

Remember, no stress is permanent and there are ways to escape when it all feels too much.



Have a few laughs!

Laughing is a great way to relax, especially with company! It'll also work wonders for stress.

[Learn more](#)



It's wise to exercise

Simple cardio exercises could give you an invigorating boost to deal with any painful problems.

[Learn more](#)



Deal with your stressful situations

If you fancy a different approach, why not give CBT a try?

[Learn more](#)



Manage your mind to stop stress

Spot symptoms and situations in your life that lead to stifling stress.

[Learn more](#)

If you have any questions or experience any issues with the Aviva Wellbeing app, please email us at avivawellbeinghelp@aviva.com.



The Aviva Wellbeing Team

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