

# Quick Ways to Reduce Stress

Making time to take care of yourself—even if it's only for a few minutes—can help you as you care for someone with PFIC. Try some of the suggestions below when you need a quick break.

## Listen, Breathe, Relax

Deep breathing exercises are a quick way to relax. Need help getting started?

**Try this mindful breathing audio track to begin reducing your stress.**



[albireoassist.com/relax](http://albireoassist.com/relax)



## Try Light-to-Moderate Exercise

We've all heard of the physical benefits of exercise, but did you know that it also reduces stress? If you don't have time for regular exercise, try adding light stretches or more walking into your daily activities.

## Connect With a Friend

Reach out to your friends when you can use a helping hand. They may be able to give you a short break from caring for your child, run errands for you, or even just lend an ear when you need someone to talk to.



## Catch Up With Your Furry—and Not So Furry—Friends

Interacting with pets has been shown to reduce stress, and it's not just the furry kinds. Watching fish swim has been found to be calming.



## Make It All About You—at Least for a Minute

Try to find a moment or two for yourself each day and take a mental break to help you stay healthy. Enjoy a cup of tea or try a mindful coloring exercise.

**Step 1:** To use the QR code, open your phone's camera and place it over the code until it comes into focus.

**Step 2:** Your phone should take you to the exercise automatically.



Keep this card handy so you'll have quick access to the mindful breathing audio track whenever and wherever you want.

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Cool, Calm, and Colorful

Remember to try  
reducing your stress by  
listening to this mindful  
breathing audio track.



*Think Positively*



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# Think Positively

