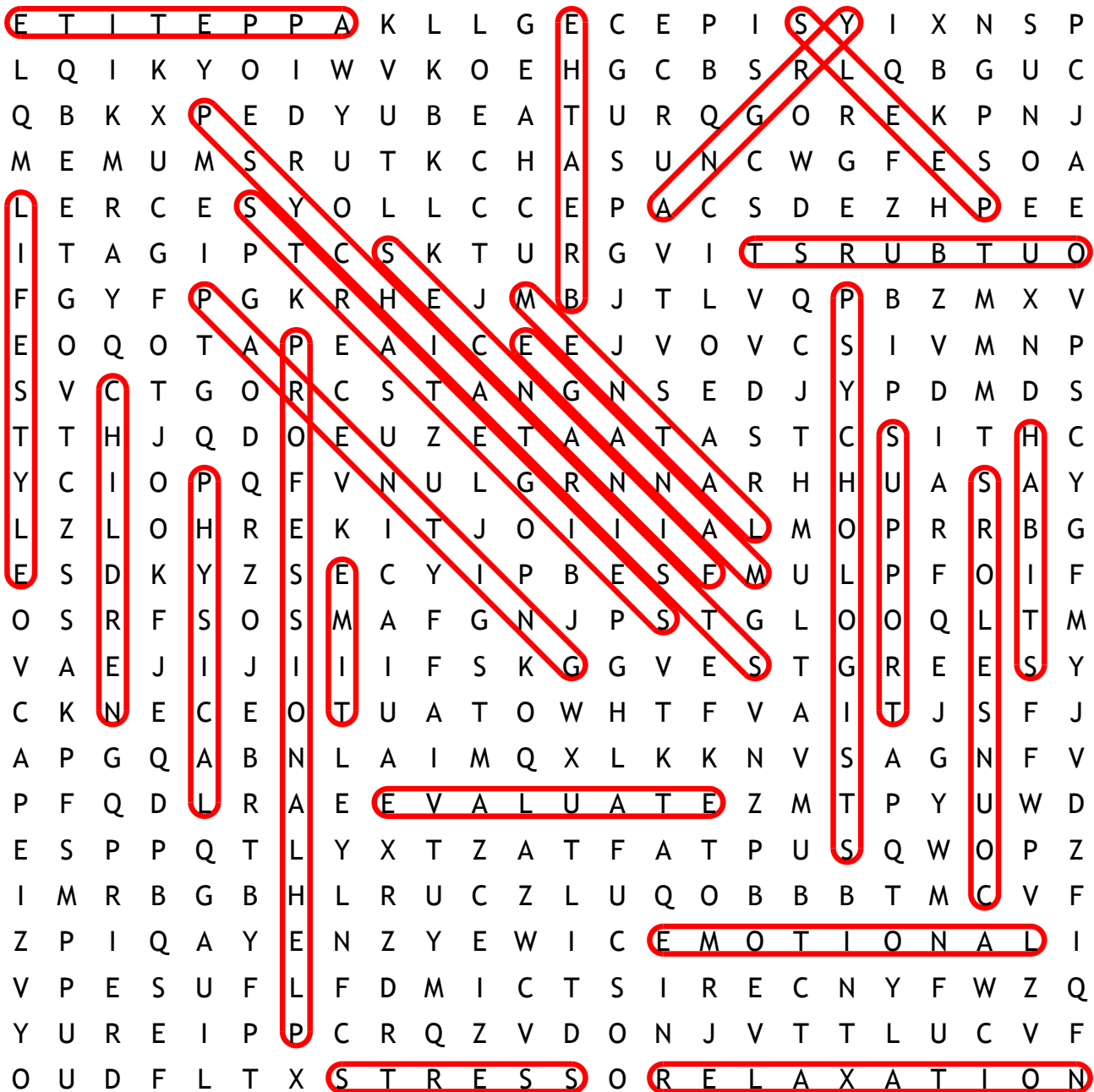


Name: _____

Date: _____

manage stress



professional help
strategies
parenting
outburst
breathe
stress

psychiatrists
relaxation
children
finances
habits
angry

psychologists
emotional
appetite
physical
mental
sleep

counselors
lifestyle
evaluate
support
manage
time