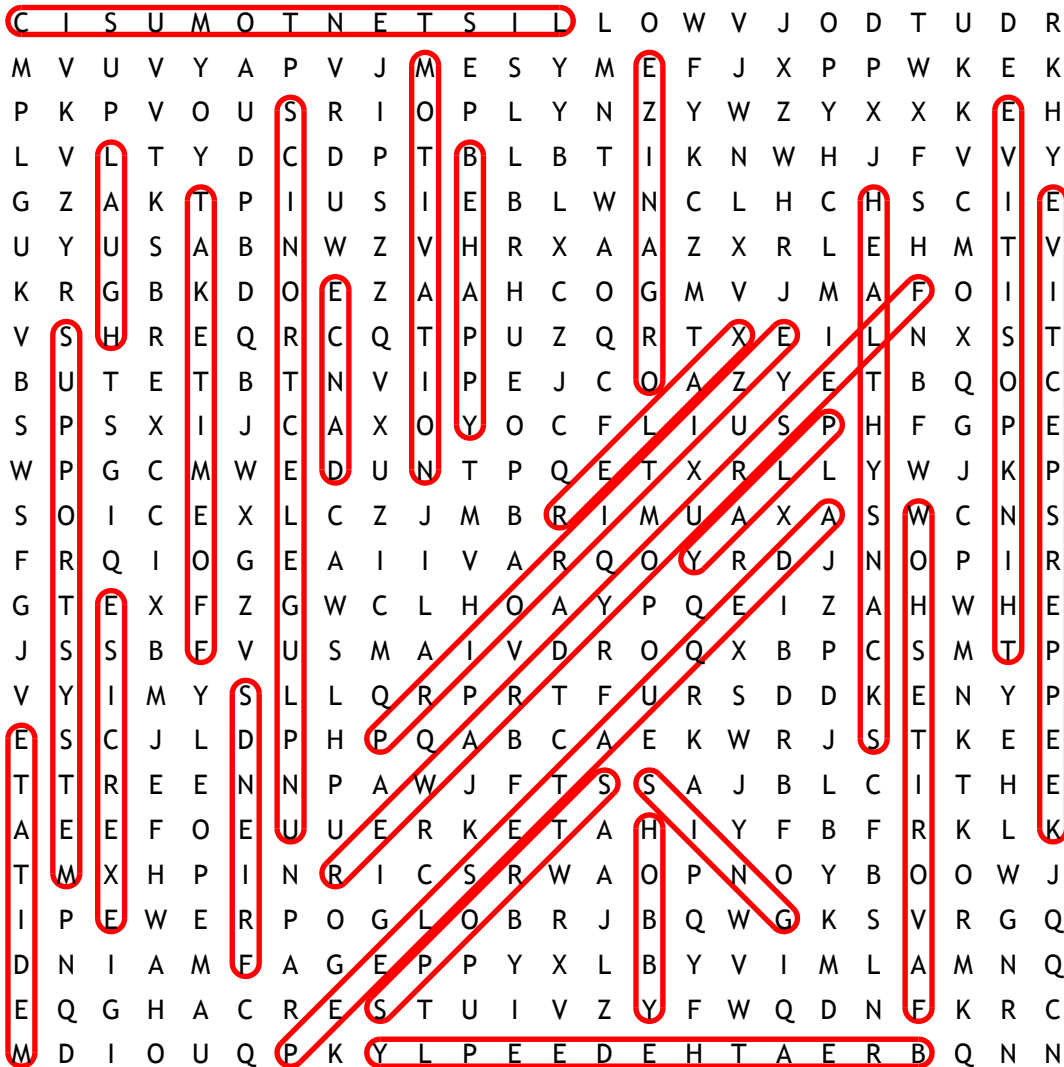


Name: _____

How to Handle Stress



Unplug Electronics
Keep Perspective
Reward Yourself
Listen to Music
Think Positive
Healthy Snacks
Support System
Adequate Sleep
Breathe Deeply



Take Time Off
Favorite Show
Motivation
Prioritize
Be Happy
Exercise
Meditate
Organize
Friends
Sports
Relax
Dance
Laugh
Hobby
Sing
Play