How to handle stress

Keep Perspective
- hobby
- organize
- meditate
- favorite show
- listen to music
- laugh

breathe deeply
- adequate sleep
- reward yourself
- exercise
- friends
- play

Unplug electronics
- support system
- prioritize
- relax
- be happy

sports
- motivation
- healthy snacks
- sing
- take time off

Think Positive

- adequate sleep
- reward yourself
- exercise
- friends
- play

- motivation
- healthy snacks
- sing
- take time off