How to handle stress

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

- Breathe deeply
  - adequate sleep
  - exercise
  - friends
  - Play
  - Be happy

- Unplug electronics
  - Reward Yourself
  - support system
  - prioritize
  - relax
  - Be happy

- Sports
  - motivation
  - Healthy snacks
  - sing
  - take time off

- Think Positive
  - motivation