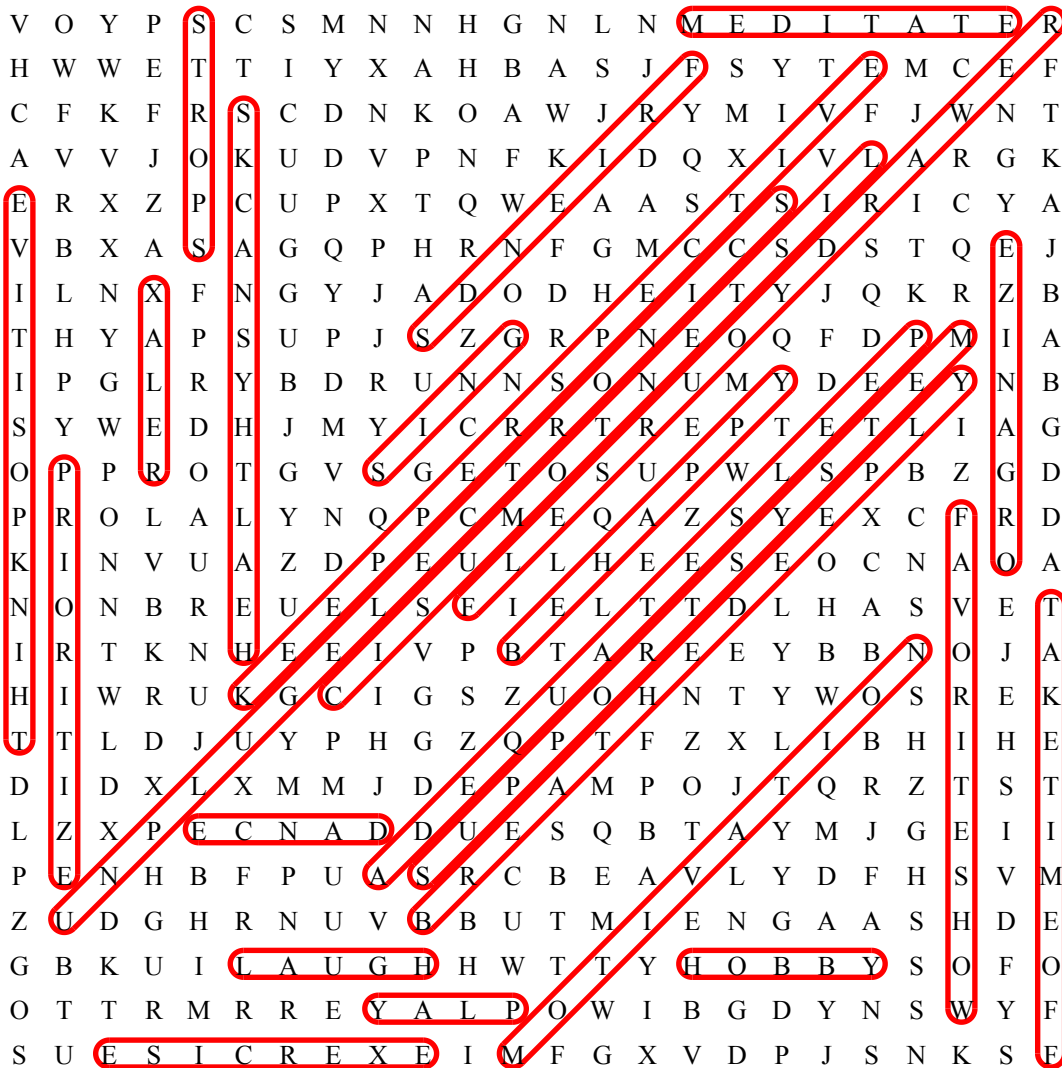


How to Handle Stress



Unplug electronics
 Keep Perspective
 Reward Yourself
 listen to music
 breathe deeply
 adequate sleep
 support system
 Healthy snacks
 take time off
 Think Positive
 favorite show
 motivation
 prioritize
 organize
 meditate
 exercise
 friends
 Be happy
 sports
 hobby
 dance
 relax
 laugh
 sing
 Play

