

# STRESS MANAGEMENT



## Why is a lot of stress a negative thing?

- affects your brain over time
- makes your body run on too much adrenaline for too long
- weakens your brain at fighting situations over time
- could have serious physical effects on your body over time

## HOW TO MANAGE STRESS



FIND TIME TO TAKE CARE OF YOU



PRACTICE TIME MANAGEMENT



PRACTICE POSITIVE SELF TALK



ENGAGE IN REGULAR PHYSICAL ACTIVITY



BE MINDFUL AND AWARE OF YOUR BREATHING



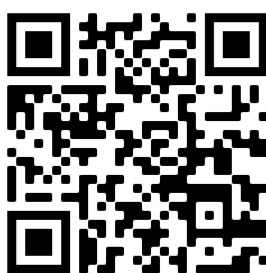
FEEL THE FREEDOM TO CANCEL YOUR PLANS AND RELAX



LISTEN TO MUSIC YOU ENJOY



SPEND TIME WITH PEOPLE WHO BUILD YOU UP



SCAN THIS CODE TO TAKE YOU TO THE HHS COUNSELING OFFICE WEBSITE!