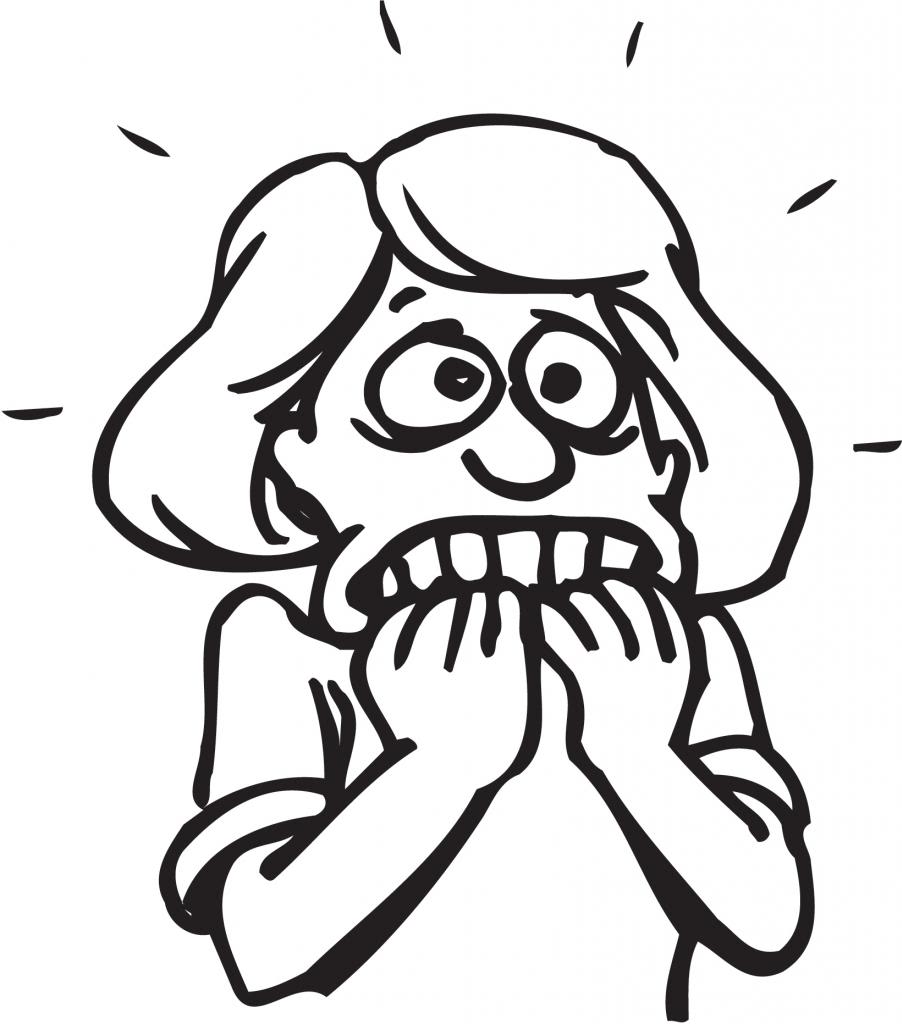
Stress



Signs of stress



Difficulty concentrating

Worry

Irritability



CAPTION

CAPTION

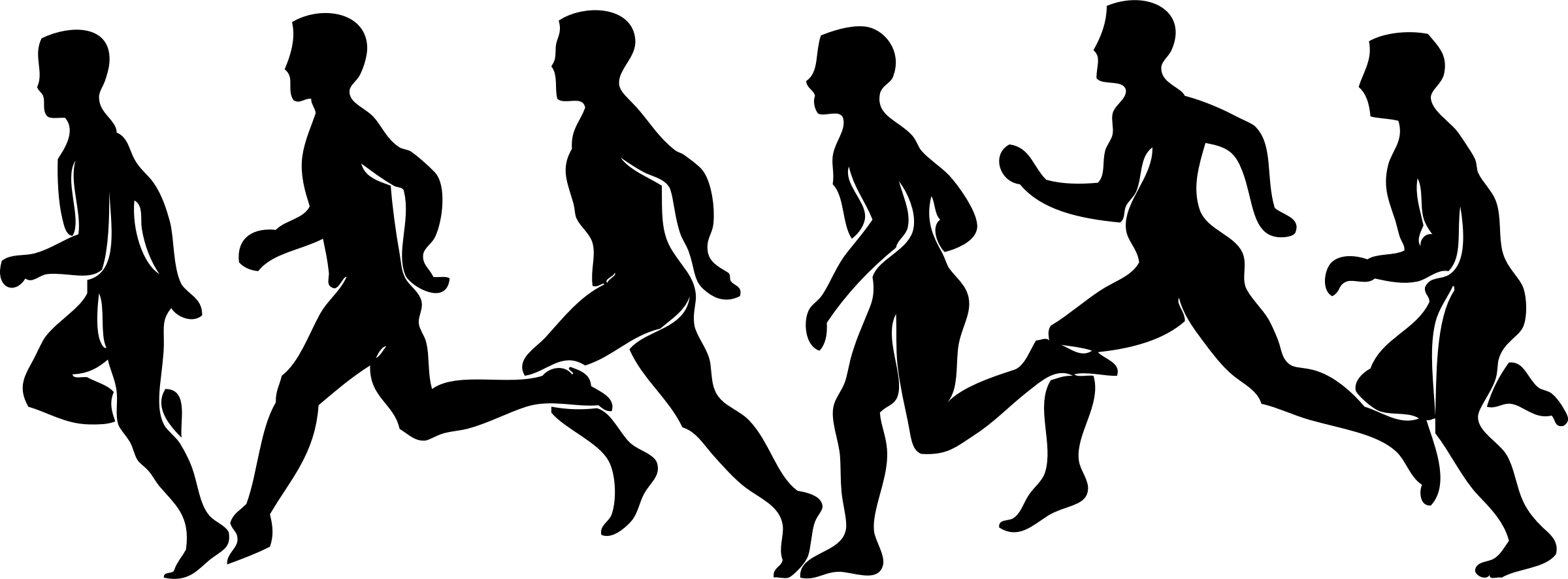
Low energy

Difficulty sleeping

Restless/fidgety

Ways to lower stress





Spend time with friends

Physical activity

Do activities that are fun





Set aside time for you

Relaxation exercises

Psychotherapy