Stress



Signs of stress

![C:\Users\bhintern\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\96RQ0TGL\thumbnail[1].jpg]()![C:\Users\bhintern\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\96RQ0TGL\stress_woman[1].jpg]()

Difficulty concentrating

Worry

Irritability

![C:\Users\bhintern\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\Q8PWUN3Y\4715483811_worried_man_pacing_xlargejpeg[1].JPG]()![C:\Users\bhintern\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\OJMAA9UG\tired-child[1].jpg]()

CAPTION

CAPTION

Low energy

Difficulty sleeping

Restless/fidgety

Ways to lower stress





Spend time with friends

Physical activity

Do activities that are fun

![C:\Users\bhintern\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\821JX6BP\stock-vector-close-up-girl-playing-violin-alone-271807934[1].jpg]()![C:\Users\bhintern\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\Q8PWUN3Y\yoga_girl_cartoon_jpg_w180h244[1].jpg]()

![C:\Users\bhintern\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\96RQ0TGL\counselling[1].jpg]()

Set aside time for you

Relaxation exercises

Psychotherapy