



Coping with Stress

> Know yourself

You have many roles and challenges every day.



> Know your warning signs

Stress is different for each of us.

Knowing what makes you stressed is the first step to coping.



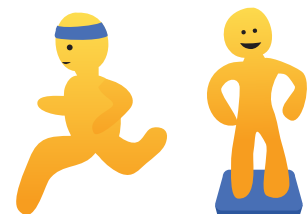
> Know how to cope

Pick a few ways that work for you. Remember to...

Manage time



Exercise



Have a healthy diet



Be positive

