

Stress Management

- Know Your Stressors

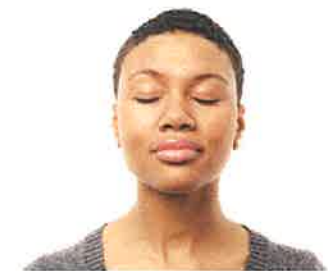
“Everything will be ok!”

- Harness Your Stress Energy



- Mind Over Matter

“I can get it done!”



“I can do it!”

