



Everything will be
okay... just be friends
with stress!

Benefits of
being less
stressed

- better sleep
- generally in a better mood
- memory, focus, & other brain functions improve

How/What Can
You Do To Be
Friends with
Stress?

- focus on positive things in life
- distract your mind by going on walks in the nature
- listen to music and express your feelings on a piece of paper to let it come out of your chest

What happens
if you are
stressed?

- heart disease
- high blood pressure
- diabetes
- other illnesses such as depression & anxiety