



BACK DOOR READING FROM YOUR HEALTH MINISTRIES



STRESS!!!

Get
Enough
Rest



Some stress keeps us on our toes!
Too much stress—**DIS- stress**, is bad for our health!
Here are some tips for getting rid of excess stress



Laugh
A lot!



Sometimes it's OK to give up!

Don't over eat!
(Or "over" anything)

Believe in yourself!
You can do it!



Cling to your friends



Show love freely



Be comfy!

Everyone is scared sometimes!

Accept help graciously when needed



P
R
A
Y

