

MIND MATTERS

STRESS FREE

To stay stress free, you must know the signs when you are getting 'too' stressed. Where do you feel it in your body? How are you acting with others around you?

KNOW YOUR SIGNS!

And have a **PLAN** to manage the stress:

- Plan for down time
- Do a Fun Physical activity
- Listen to music
- Talk with someone about your feelings

Break down your tasks into smaller, more manageable pieces

STAYING ON TOP

There is a secret way to catch yourself before you start getting bummed out.

When you start feeling overwhelmed, Ask yourself "What is making me feel stressed?"



Be Honest with Yourself

Substitute those negative thoughts with a statement that is honest and more helpful!

RELATIONSHIPS

- ✓ Communicate
- ✓ Talk openly about your thoughts, feelings, and interests
- ✓ Be honest
- ✓ When you disagree, focus on the **problem** not the **person**
- ✓ Love happens gradually
- ✓ Love is accepting each other entirely, including imperfections

You are unique!! There is something you can do that no one else can!