

AVOIDING STRESS

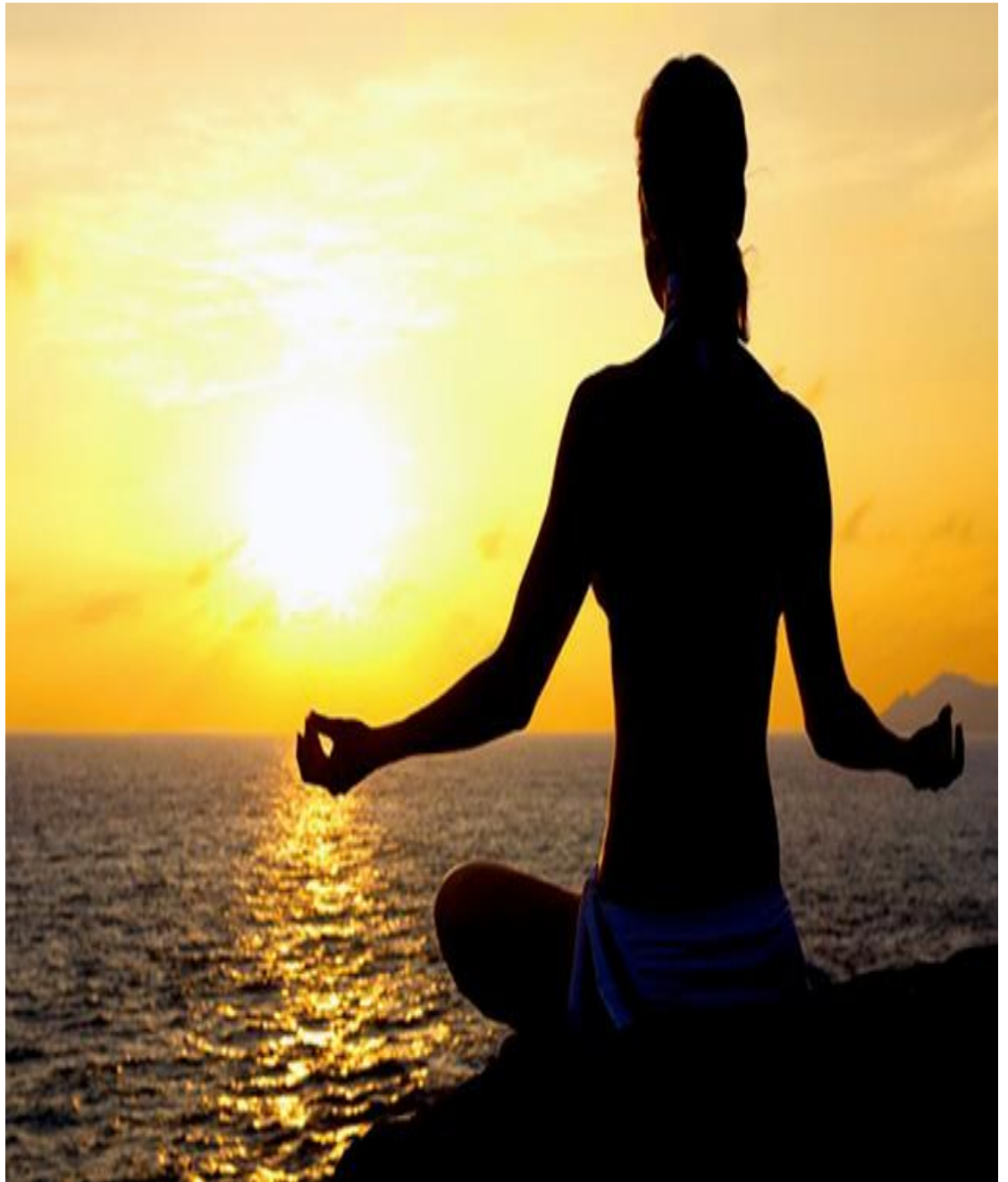


- Do not suffer from unworthy people
- Not worry about past trouble
- Remember that all the bad end
- Not remember a stressful situation



Be healthy

- Do not think bad thoughts
- Do not be afraid
- Be active
- Avoid evil people society
- Do not envy



Affirmation

- It finished with the past
- I'm safe
- I love me
- I live happily
- Everything goes well
- The life of me does not harm



Exercises

- 1.Short sharp breath
- 2.Blinked 20 times
- 3.Clenched fist 20 times
- 4.Walk
- 5.Count up...
6. Breathe deeply



Thank
you