



FEELING STRESSED?



HERE ARE SOME
WAYS TO RELIEVE IT



Try to get a healthy
amount of sleep per
night

Staying up all night
studying could
negatively impact
you

Staying active
and exercising
normally

Exercising is a
very good way
that has been
proven to be
beneficial to you

Talk to someone
for help and tell
them how you
are feeling

Being able to talk
with someone can
destress you with
all that's on your
mind