

# Stress busters!

- Take frequent breaks.
- Think positive possibilities, not catastrophes.
- Think about when and where you work best.
- Find activities that help you relax.
- Take a break from social media.
- Stop comparing yourself.
- Ask your friends for help.
- Tune into the present.



# Streb Busters Twentyone Thoughts For Your Emotional Wellneb

**B Lingard**



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