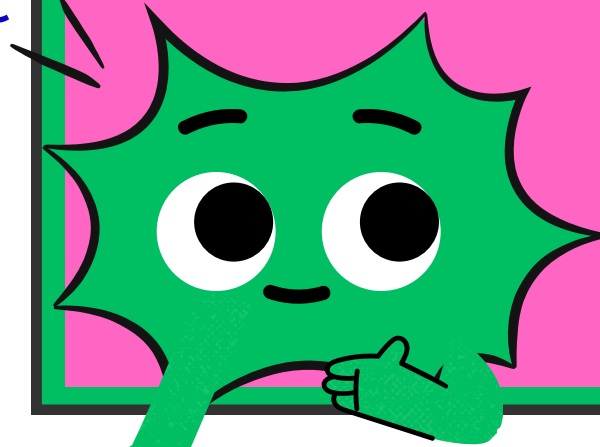


CREATED BY

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MANAGING STRESS

WHAT IS STRESS?



STRESS IS A NATURAL REACTION TO SOMETHING WE PERCEIVE TO BE A THREAT.

IT CAN BE HELPFUL TO NAVIGATE DIFFICULT SITUATIONS, BUT EXPERIENCING STRESS OVER A LONG PERIOD OF TIME CAN BE BAD FOR OUR WELLBEING.

ENDORPHINS
(OUR STRESS RELIEF
HORMONES) ARE RELEASED
WHEN:

EXERCISING

LAUGHING

LISTENING TO MUSIC

DANCING

PRACTICING
SELF-CARE

EATING WELL
SLEEPING WELL
TAKING BREAKS

SPENDING TIME IN NATURE

SPENDING TIME WITH FRIENDS