

Don't Worry

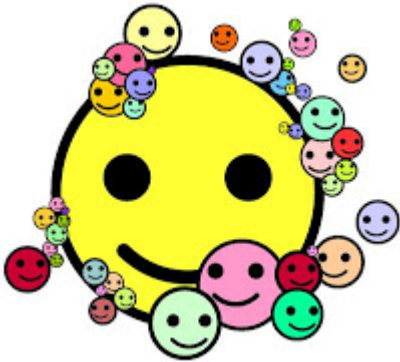


Be Happy

But how.... With all this stress... and pressure...

- Some stress is good, but it should not overwhelm you!
- Get enough sleep (your body functions best when healthy: rest, nutrition, balance)
- Prioritize (not everything can be done at once) and manage your time
- Do not procrastinate (when you know you have a project to do, do not put off starting it)
- Get physical – exercise (you do not have to run a marathon! Walk outside a bit, ride a bike, do yoga, do a couple minutes of jumping jacks... anything but sit around)
- Ask for help!

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