Let's STRESS LESS FROM ARCC COUNSELING SERVICES

We can manage our stress better when we are taking care of ourselves. Check out this article on self-care to get started.

SPREAD KINDNESS
Acts of kindness boost our mood, make us feel grateful, and benefit others. What can you do to spread kindness today? Click here for some ideas.

EAT TO REDUCE STRESS?
Cooking will nourish your body and take your mind off your stress. Check out what foods will help fight stress.

TIPS TO STRESS LESS
- Call a friend
- Color
- Take a bath
- Play
- Wear something comfy
- Slow down
- Compliment yourself
- Journal
- Listen to music

Be HAPPY Be BRIGHT Be YOU!