

Let's STRESS LESS



FROM ARCC COUNSELING SERVICES



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

SPREAD KINDNESS

Acts of kindness boost out mood, make us feel grateful, and benefit others. What can you do to spread kindness today? Click <u>here</u> for some ideas.

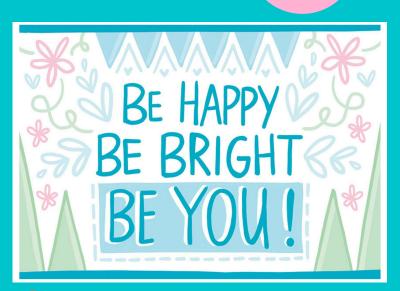




EAT TO REDUCE STRESS?



Cooking will nourish your body and take your mind off your stress. Check out what <u>foods</u> 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

