Eight & A Half Tips For Stress Relief Today!

You Can Change Your Life!



Your Guide: Libby Wright

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What Is Stress?

Put It On The Table



If Stress Is
Really "All In
My Head",
How Do I
Fight It?





Tip #1: Eat That Frog-Brian Tracey



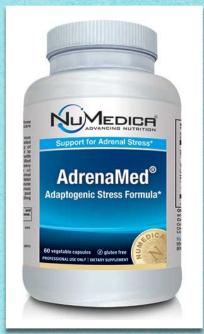
Tip # 2: Move Your Body



Tip # 3: Supplements To Fight Stress

- MultiMedica
- AdrenaMed
- Magnesium







Tip # 4
Anti-Oxidant Foods:
Smoothies From Our

Website



The Lessons Of Life Are

Caught Not Taught





Tip #5:
Keep Calm & Breathe On!
-Anna



Tip #6:

Go Play Outside With Your Friends!





Tip #7:

You Can Do This! Nothing's In Your Way!
-Noah



Tip #8

Quiet Your Mind:

- Read A Book
- Take A Nap
- Spend Time With Your Pet
- Pray





Tip 8 & 1/2 : Eustress!

Post at least 1 goal in the discussion forum of this week's lesson!

