

# *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!*