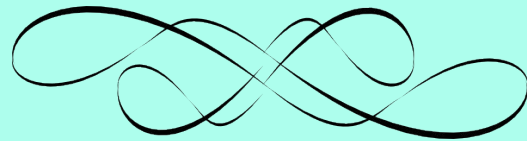


MENTAL HEALTH MINUTE



BROUGHT TO YOU BY OPS

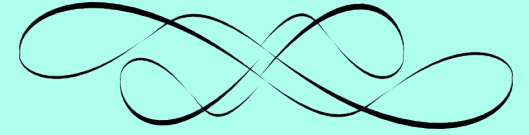
The background is a solid teal color. Two large, thick, black hand-drawn swirls are positioned on either side of a central white rectangular box. The swirls are fluid and loop around the box.

TODAY'S TOPIC:
MANAGING STRESS

STRESS IS A NORMAL
PART OF LIFE.



STRESS IN TEENS CAN
LEAD TO...



PROCRASTINATION

SLEEP PROBLEMS

FEELING NERVOUS OR
OVERWHELMED



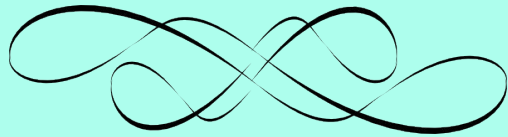
NEED HELP?





**KEEP
CALM
AND
DON'T
STRESS**

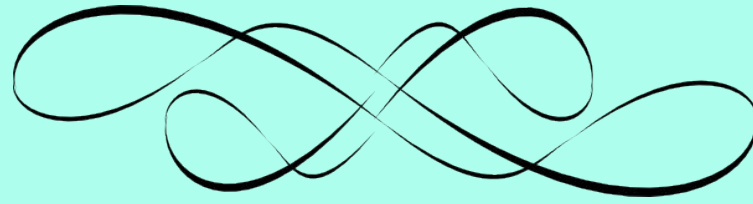
~ TAKE A BREAK FROM YOUR STRESSOR
~ WALK AWAY FROM IT FOR 20
MINUTES





~ EXERCISE ~
20 MINUTES OF EXERCISE
CAN BENEFIT YOU FOR
SEVERAL HOURS

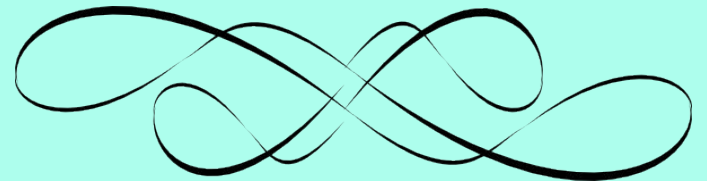
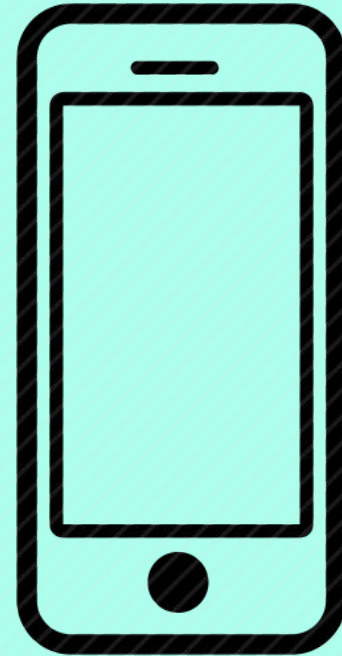




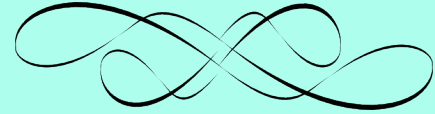
~ SMILE & LAUGH ~
IT RELEASES TENSION
AND GIVES YOUR
BRAIN A BREAK



~ GET SOCIAL SUPPORT ~
CALL OR TEXT SOMEONE
WHO IS SUPPORTIVE



~ PRACTICE MINDFULNESS
~ MEDITATION CAN HAVE
THE SAME BENEFITS OF
EXERCISE



EMAIL YOUR COUNSELOR FOR HELP
AND MORE INFORMATION