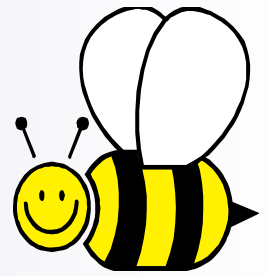
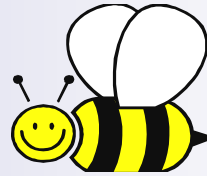
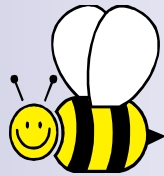


Bathroom Buzz

Stressed?



Here are some things you can do:

Talk to a friend . . .



active . . .

Take a deep breath . . .

Prioritize what is important . . .



Laugh or silly . . .

Sing a song . . .



Buzzed to you by:

Buzz of the month:

If your mind and body are constantly on edge because of feeling stressed, it may also be affecting your relationships with your family. Try to rid yourself of that stress!

