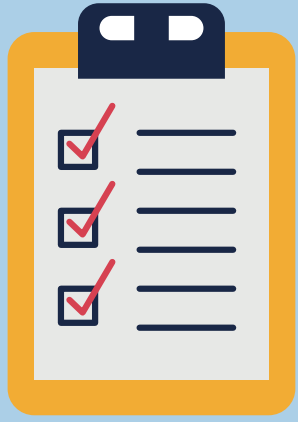
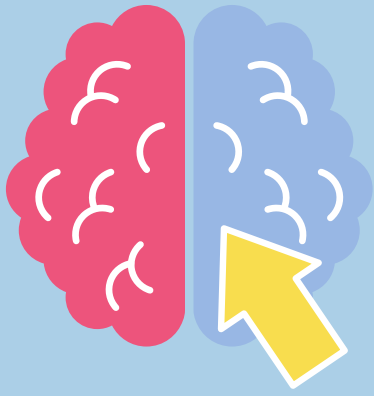


Stress Management

Your coping style



Task-oriented



Emotion-oriented



Distraction-oriented

Stress Management

Strategies



Keep a journal



Exercising



Yoga



Meditation



Deep breathing



Positive Self-Talk



Talk to your supervisor



Get professional support