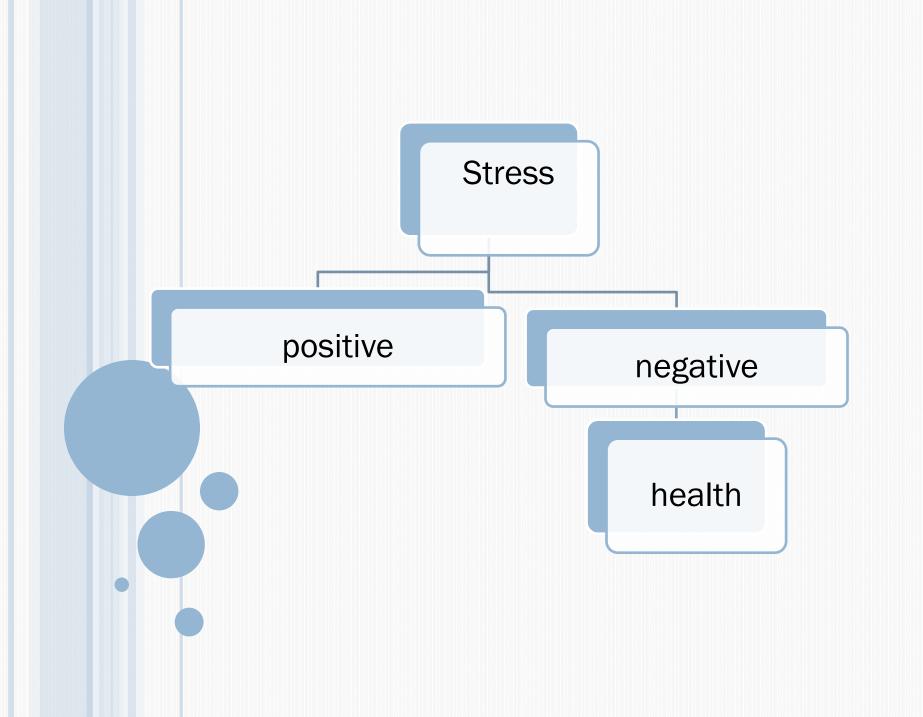
# STRESS AND the struggle with it.

Берлин С.А.



### STRESS FACTOR AND THE STRUGGLE WITH STRESS







### take care of yourself



## TO HAVE DOCTOR'S APPOINTMENT





### to move house

Get enough sleep



### TO DISAGREE WITH PARENTS

Communicate or talk every day and form your own opinion





#### TO SIT EXAMS



Get regular exercises



### TO HAVE TOO MUCH HOMEWORK





Don't spend too much time in front of TV

#### TO THROW A PARTY





To plan your time or make your daily timetable





#### Eat healthy food





to lose something valuable

learn to cooperate



### To change school

To help make new friends





