

Stress Management

tips for students

1



Get enough sleep
and rest

2



Exercise
Regularly

3



Concentrate on diet
and health

4



Take care of
yourself.

5



Discover
connections

6



Be
organised

7



Practise Positive
thinking.

8



Try some meditation
techniques.

9



Don't be hesitant to
ask for help.

10



Effective time
management

Scripturebased Solutions To Handling Stress

B Lingard



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