STRESS [HACKS]

Pause.Connect.Reset.

Everyone talks about stress, but what is it exactly?

Stress happens to everyone, can come in many forms and isn't always bad.

Negative stress can result from too many demands on your time like arguments with friends or family, or being bullied. Positive stress can happen too, like when you play a game or prepare for a test.

Either way, stress over a long period of time can impact your mental and physical health.

It's time to **Pause.Connect.Reset.**

Get information on:
- Mental health
- Feelings
- How to relax
- Getting help

STRESSHACKS.ca