

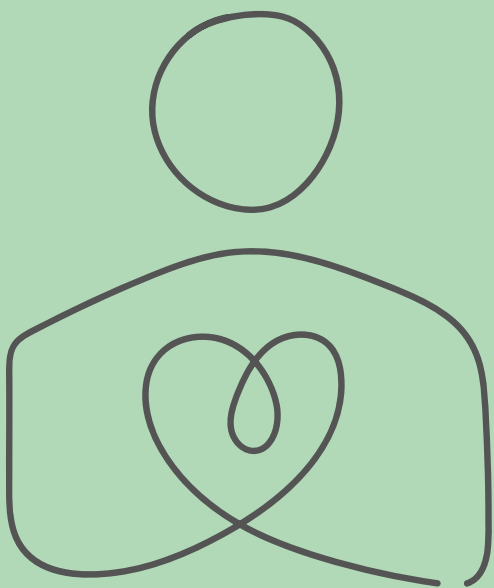
Ways to overcome stress

Try to find time to do what you like
(for example, your hobbies).

A slow walk.

Watch a funny video.

Laughter helps to stabilize
your emotional state.



Listen to music that you
like.

Find five positive events
every day.

The use of relaxation techniques.



Technique 1

Technique 2

Plan for yourself things that will allow
you to relax.

Contact details:

Phone: +375-152-64-15-52

Email: psyconsult@grsmu.by