



STRESS



1. Build Meaningful Relationships
2. Get Comfortable in Your Own Skin
3. Live In the Moment
4. Live Gratefully
5. Give Generously



1. Relationships – *Top 5 List*
2. Get Comfortable – *Top 3 Flaws*
3. Live In the Moment – *Find Silence*
4. Live Gratefully – *TY Note*
5. Give Generously – *Text a Friend*

